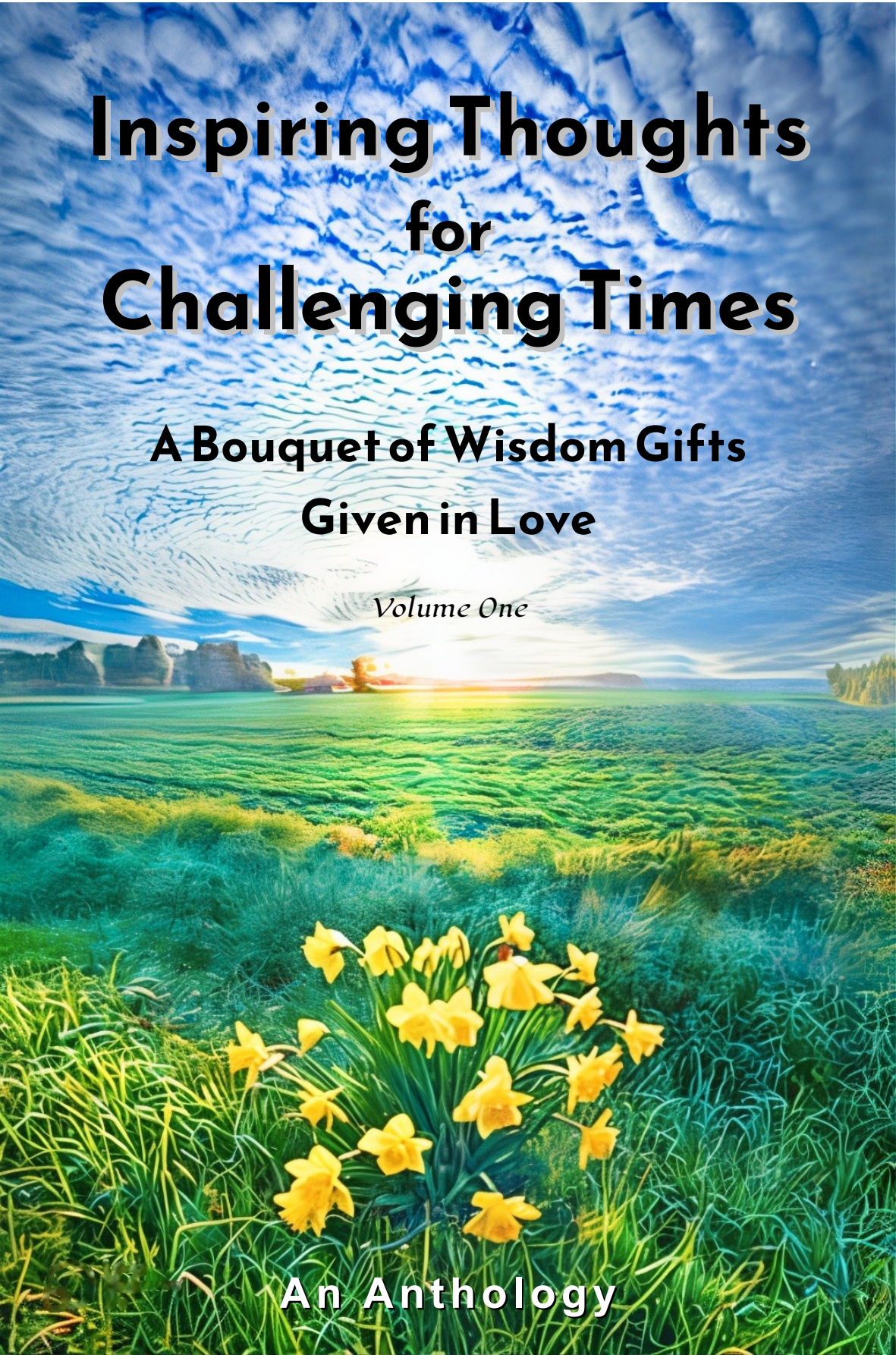
Inspiring Thoughts
for
Challenging Times
A Bouquet of Wisdom Gifts
Given in Love
Volume One
An Anthology

Inspiring Thoughts for Challenging Times

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Introduction

In these challenging times, many of us find comfort and support in the inspiring teachings of the wise ones from all times and places. Having collected and been uplifted by such writings for over three decades now, I recently I felt moved to put together this collection of quotes—short supportive reminders to empower our highest vision for ourselves, humanity and Mother Earth. I hope you too will find them inspiring and uplifting on your life journey.

Many of the flowers in this *Bouquet of Wisdom Gifts Given In Love* came from *1spirit.org* which offers a daily email with an uplifting quote. If you wish to receive them, go to their site, click "contact" at the top, then check "Daily Inspiration Emails."

Please let me know your thoughts on this book. And do please share some of your favorite quotes for Volume Two.

dan
June 16, 2025

Inspiring Thoughts
for
Challenging Times

A Bouquet of Wisdom Gifts Given in Love

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We need beauty because it makes us long to be worthy of it.

— Mary Oliver

In every crisis there is a message. Crises are nature's way of forcing change, breaking down old structures, shaking loose negative habits so that something new and better can take their place.

— Susan L. Taylor

The future depends entirely on what each of us does every day; a movement is only people moving.

— Gloria Steinem

The spiritual life does not remove us from the world but leads us deeper into it.

— Henri J.M. Nouwen

Spirituality is not religion. It is a path for us to generate happiness, understanding, and love, so we can live deeply each moment of our life. Having a spiritual dimension in our lives does not mean escaping life or dwelling in a place of bliss outside this world, but discovering ways to handle life's difficulties and generate peace, joy, and happiness right where we are, on this beautiful planet.

— Thich Nhat Hanh
The Art of Living

Whatever is impelling us is rooted in a mystery.… Something new is being shaped that began before time itself was formed. We're not causing it to happen. We're letting it happen in us.

— William Martin
The Activist's Tao Te Ching

Hope is a state of mind, not of the world. Hope, in this deep and powerful sense, is not the same as joy that things are going well, or willingness to invest in enterprises that are obviously heading for success, but rather an ability to work for something because it is good, not because it stands a chance to succeed.

— Vaclav Havel, in James Conlon
Lyrics for Re-Creation

The things that matter most are the things that you can't see—the love you share with others, your inner purpose, your comfort with who you are.

— Jimmy Carter

Over the years I have seen the power of taking an unconditional relationship to life. Perhaps the wisdom lies in engaging the life you have been given as fully and courageously as possible and not letting go until you find the unknown blessing that is in everything.

— Rachel Naomi Remen
My Grandfather's Blessings

May your choices reflect your hopes, not your fears.

— Nelson Mandela

The people I love the best jump into work head first. I love people who harness themselves, an ox to a heavy cart, who pull like water buffalo, with massive patience, who strain in the mud and the muck to move things forward, who do what has to be done, again and again. The work of the world is common as mud. But the thing worth doing well done has a shape that satisfies, clean and evident. The pitcher cries for water to carry, and a person for work that is real.

— Marge Piercy

Gratitude is giving ourselves over to shifting our fundamental belief from thinking we're owed things in life to a sense that everything is a gift.

— Christine Valters Paintner

Somewhere, there are people to whom we can speak with passion without having the words catch in our throats. Somewhere a circle of hands will open to receive us, eyes will light up as we enter, voices will celebrate with us whenever we come into our own power. Community means strength that joins our strength to do the work that needs to be done. Arms to hold us when we falter. A circle of healing. A circle of friends. Someplace where we can be free.

— Starhawk
Dreaming the Dark

Sometimes people talk about how we need to do things to connect. And on the one hand that's right, but on the other hand, it understates what is. We are connected. What we need to do is to become aware of it, to live it, to express it.

— John A. Powell, in Krista Tippett
Becoming Wise

The world is a looking glass. It gives back to every man a true reflection of his own thoughts.

— William Makepeace Thackeray

To me, religions are like languages: no language is true or false; all languages are of human origin; each language reflects and shapes the civilization that speaks it; there are things you can say in one language that you cannot say as well in another; and the more languages you learn, the more nuanced your understanding of life. Judaism is my mother tongue yet in matters of the spirit I strive to be multilingual. In the end, however, the deepest language of the soul is silence.

— Rabbi Rami Shapiro

It was the willingness to open my heart to everything—including the darkness of suffering—that allowed the radiant luminosity of being to reveal itself in my life.

— Amoda Maa

Joy is finding the holy in the small and the sacred in the everyday.

— Mary Davis
Every Day Spirit

In the midst of immense complexity, my service is radically simple. I do whatever small thing is needed in a given moment with a loving heart.

— Gail Straub
Circle of Compassion

There is always light, if only we're brave enough to see it. If only we are brave enough to be it.

— Amanda Gorman

Remember, take comfort and have faith. You don't have to do it all. You only have to do what you can personally do today. Nothing more. Remember there are others working on the issues you cannot personally dive into at this moment. We are many, and we are great with love.

— Author Unknown

When you arise in the morning, think of what a privilege it is to be alive, to think, to enjoy, to love.

— Marcus Aurelius

When you get these jobs you have been so brilliantly trained for, just remember that your real job is that if you are free, you need to free somebody else. If you have some power, then your job is to empower somebody else.

— Toni Morrison

The news of the day can make our heads spin. But what is actually going on when our thoughts spiral like that? We lose our inner freedom, becoming prisoners of fear, outrage, and confusion. Inner freedom isn't given to us by others—nor by governments. It is the ability to be fully present, to love and to live with peace and stability regardless of external circumstances. Inner freedom comes from fully recognizing our situation, understanding how we got here, and facing it with courage and a tender heart. Only then can we take compassionate yet firm action. By learning to witness our thoughts as a kind observer, we can move beyond conditioned thinking. We are free when we learn to use our thoughts wisely, like well-cared-for tools, rather than letting our thoughts carry us away

r. fabian, editor of Kosmos

Love is something you and I must have. We must have it because our spirit feeds upon it. We must have it because without it we become weak and faint. Without love our self-esteem weakens. Without it our courage fails. Without love we can no longer look out confidently at the world.

— Chief Dan George

Never regret a day in your life. Good days bring you happiness and bad days bring you experience.

— Unknown

The world would be a paradise of peace and justice if global citizens shared a common definition of love which would guide our thoughts and action.

— bell hooks

Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself.

— Rumi

I have found that it is the small everyday deeds of ordinary folks that keep the darkness at bay. Small acts of kindness and love.

— Peter Jackson

The most important thing in life is to stop saying "I wish" and start saying "I will." Consider nothing impossible then treat possibilities as probabilities.

— Charles Dickens

Just as treasures are uncovered from the earth, so virtue appears from good deeds, and wisdom appears from a pure and peaceful mind. To walk safely through the maze of human life, one needs the light of wisdom and the guidance of virtue.

— The Buddha

Peace is the result of retraining your mind to process life as it is, rather than as you think it should be.

— Wayne Dyer

Mister Rogers, one of my biggest heroes, used to muse, “Did you know that when you wonder, you're learning?” May we all keep wondering and learning. More importantly, may such learning lead to navigating our own personal and collective thickets in a loving, kind manner worthy of this wondrous world.

— Skott Jones

This we know: the earth does not belong to man, man belongs to the earth. All things are connected like the blood that unites us all. Man did not weave the web of life, he is merely a strand in it. Whatever he does to the web, he does to himself.

— Chief Seattle

Love is the revolution in which we dismantle the prisons of our fear.

– Audre Lorde

Tell me and I'll forget; show me and I may remember; involve me and I'll understand.

— Chinese Proverb

Don’t burn out, burn bright.

— Parker J. Palmer

All our dreams can come true if we have the courage to pursue them.

— Walt Disney

Life shrinks or expands in proportion to one’s courage.

— Anais Nin

We cannot escape fear, we can only transform it into a companion that accompanies us on all our exciting adventures.

— Susan Jeffers

The world of reality has its limits; the world of imagination is boundless.

— Jean-Jacques Rousseau

In the middle of difficulty lies opportunity.

— Albert Einstein

How often, even before we began, have we declared a task impossible? And how often have we construed a picture of ourselves as being inadequate? A great deal depends upon the thought patterns we choose and on the persistence with which we affirm them.

— Piero Ferrucci

The Universe will reward you for taking risks on its behalf...be willing to let your intuition guide you, and then be willing to follow that guidance directly and fearlessly

— Shakti Gawain

A discovery is said to be an accident meeting a prepared mind.

— Albert Szent-Gyorgy

Learn to get in touch with the silence within yourself and know that everything in this life has a purpose.

— Elisabeth Kubler-Ross

The significance—and ultimately the quality—of the work we do is determined by our understanding of the story in which we are taking part.

— Wendell Berry

Man can learn nothing except by going from the known to the unknown.

— Hazrat Inayat Khann

To live a creative life, we must lose our fear of being wrong.

— Joseph Chilton Pearce

Accustom yourself continually to make many acts of love, for they enkindle and melt the soul.

— Saint Teresa of Avila

The words that enlighten the soul are more precious than jewels.

— Hazrat Inayat Khann

Reverend Dr. Martin Luther King Jr. and the young Zen monk Thich Nhat Hanh both embraced the term "Beloved Community" as a vision for a world rooted in compassion, justice, and nonviolence. King's stated goal of the Montgomery bus boycott in 1956 was "*reconciliation, ... redemption, the creation of the beloved community*." Deeply affected by King's assassination in 1968, Thich Nhat Hanh vowed to continue building the Beloved Community in honor of his friend. For King, the beloved community symbolized a society free of racism, poverty, and violence—a global kinship forged through love and reconciliation. Thich Nhat Hanh deepened this concept by grounding it in mindfulness and interbeing, emphasizing that the beloved community is not a distant goal but a practice to be cultivated in the present moment. Each step we take, each word we speak, can build the beloved community right now, when we are rooted in love, understanding, and compassion.

— r. fabian, editor of Kosmos magazine

Inside the word "emergency" is "emerge"; from an emergency new things come forth. The old certainties are crumbling fast, but danger and possibility are sisters.

— Rebecca Solnit (Hope in the Dark: The Untold History of People Power)

Story was the stuff of life, and to realize you were inside one allowed you to sometimes surrender to the plot, to bear a little easier the griefs and sufferings and to enjoy more fully the twists that came along the way.

— Niall Williams
This Is Happiness

What happens if joy is not separate from pain? What if joy and pain are fundamentally tangled up with one another? Or even more to the point, what if joy is not only entangled with pain, or suffering, or sorrow, but is also what emerges from how we care for each other through those things? What if joy, instead of refuge or relief from heartbreak, is what effloresces from us as we help each other carry our heartbreaks? Joy does not simply happen to us. We have to choose joy and keep choosing it every day.

— Henri Nouwen

Every woman who appears wrestles with the forces that would have her disappear. She struggles with the forces that would tell her story for her, or write her out of the story, the genealogy, the rights of man, the rule of law. The ability to tell your own story, in words or images, is already a victory, already a revolution.

— Rebecca Solnit,
Men Explain Things to Me

We must be willing to let go of the life we have planned, so as to have the life that is waiting for us.

— Joseph Campbell

Press forward at all times, climbing forward toward that higher ground of the harmonious society that shapes the laws of man to the laws of God.

— Adam Clayton Powell, Jr.

The most beautiful thing we can experience is the mysterious.

— Albert Einstein

We all naturally move on the edges of eternity, and are sometimes granted vistas through the fabric of illusion.

— Ansel Adems

It means a great deal to those who are oppressed to know that they are not alone. Never let anyone tell you that what you are doing is insignificant.

— Desmond Tutu

Find a job you like and you add five days to every week.

— H. Jackson Brown, Jr.

Peace can only last where human rights are respected, where the people are fed, and where individuals and nations are free.

— Dalai Lama

A vision of hope that excludes compassion for all involved is a charade. Any future worth anticipating as an expression of hope requires love.

— Dr. Luther E. Smith

Love is the greatest force in the universe. It is the heartbeat of the moral cosmos.

— Dr. Martin Luther King Jr.

Happy are those who dare courageously to defend what they love.

— Ovid

Don't be afraid. Be focused. Be determined. Be hopeful. Be empowered.

— Michelle Obama

We are way more powerful when we turn to each other and not on each other, when we celebrate our diversity, and together tear down the mighty walls of injustice.

— Cynthia McKinney,
American politician and activist

We are not permitted to choose the frame of our destiny. But what we put into it is ours.

— Dag Hammarskjöld

Defeat may serve as well as victory to shake the soul and let the glory out.

— Edwin Markham

Everything you want is just outside of your comfort zone.

— Robert Allen

I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble. We have to learn to live happily in the present moment, to touch the peace and joy that are available now.

— Thich Nhat Hanh

You rise to a higher level of consciousness by taking your attention away from your present limitations and placing it upon that which you desire to be.

— Neville Goddard

There is always light, if only we're brave enough to see it. If only we are brave enough to be it.

— Amanda Gorman

Without justice there can be no love.

— bell hooks

Listen to the wind, it talks. Listen to the silence, it speaks. Listen to your heart, it knows.

— Ojibwe Prayer

There are two ways of spreading light: to be the candle or the mirror that reflects it.

— Edith Wharton

Oh Great Spirit, help me always to speak the truth quietly, to listen with an open mind when others speak, and to remember the peace that may be found in silence.

— Cherokee Prayer

Only as one is willing to give up his present limitations and identity can he become that which he desires to be.

— Neville Goddard

Your time is limited, so don't waste it living someone else's life.

— Steve Jobs

To pay attention, this is our endless and proper work.

— Mary Oliver

Every passing moment, life asks us: "Will you say yes?" And when we embrace the nudges and whispers of what we really need, we become the answer to that timeless question.

— James Crews

Any man who can drive safely while kissing a pretty girl is simply not giving the kiss the attention it deserves.

— Albert Einstein

Challenges are gifts that force us to search for a new center of gravity. Don't fight them. Just find a new way to stand.

— Oprah Winfrey

Instead of asking, "What do I want from life?" a more powerful question is, "What does life want from me?"

— Eckhart Tolle

What you do makes a difference, and you have to decide what kind of difference you want to make.

— Jane Goodall

Bitterness is the easiest way to leave this world having had only a near-life experience.

— Andrea Gibson,
You Better Be Lightning

Hope is holding a creative tension between what is and what could and should be, each day doing something to narrow the distance between the two.

— Parker J. Palmer

Commitment implies action. When you make a commitment, you dedicate yourself to a course of action … The fulfillment of a commitment is realized when your intentions become your automatic style of functioning in the world. … Commitment means moving through a door of change through which you do not intend to return.

— David Simon
The Ten Commitments

I've noticed something about people who make a difference in the world: They hold the unshakable conviction that individuals are extremely important, that every life matters. They get excited over one smile. They are willing to feed one stomach, educate one mind, and treat one wound. They aren't determined to revolutionize the world all at once; they're satisfied with small changes. Over time, though, the small changes add up. Sometimes they even transform cities and nations, and yes, the world.

— Beth Clark

There is invisible writing on the back of the diploma you will receive, and … I can tell you what it says: You Are Brilliant, and the Earth Is Hiring. … And here's the deal. Forget that this task of planet-saving is not possible in the time required. Don't be put off by people who know what is not possible. Do what needs to be done, and check to see if it was impossible only after you are done.

— Paul Hawken, from
"You Are Brilliant, and the Earth Is Hiring"
Class of 2009 Commencement Address
University of Portland

To foster one moment of trust and love is to belong to a crucial revolution. It matters, how we hold each other. What happens everywhere Starts right here.

— Rosemerry Wahtola Trommer

Each one of us, I believe, is a gift the earth is giving to itself now, a unique gift.… You don't need to be extraordinary. If the world is to be healed through human effort, I am convinced it will be by ordinary people, people whose love for this life is even greater than their fear. People who can open to the web of life that called us into being, and who can rest in the vitality of that larger body.

—Joanna Macy

The greatest challenge of the day is: how to bring about a revolution of the heart, a revolution which has to start with each one of us.

— Dorothy Day,
Loaves and Fishes

Hope is not optimism, which expects things to turn out well, but something rooted in the conviction that there is good worth working for.

— Seamus Heaney

Even if we lose hope for a good outcome, we need not lose hope of being good people… courageous, wise, kind, loving.

— Brian McLaren

Our prayers are answered not when we are given what we ask, but when we are challenged to be what we can be.

— Morris Adler

In the days to come, as history continues to spin even faster, we may feel a pull to the extreme. That is not uncommon, any more than feeling anger is uncommon. The spiritual issue is how we cope with our feelings so we can hold the center of community as the pace of change accelerates. The centrifugal force of fear pulls us apart. The gravitational force of love brings us together. When reality starts to spin: stay centered.

— Steven Charleston

Within each of us is a divine treasure, and if we hope to discover it we need to go deep into the heart of who we are. To find that treasure requires that we work like a woodcarver who does not work by adding but by cutting away, removing what is rough to reveal what shimmers from within.

— Meister Eckhart

To harden will help us get through life, but to soften will let us experience life.

— Mark Nepo
The Half-Life of Angels

The quality of attention we pay something or someone is the measure of our love. And because every littlest thing is, as John Muir observed, "hitched to everything else in the universe," when we pay generous and unalloyed attention to anything, we are learning to love everything; we are learning that all around and within this world there is another, numinous and resinous with wonder, shimmering with a sense of the miraculous.

— Maria Popova

Do we really need much more than this? To honor the dawn. To visit a garden. To talk to a friend. To contemplate a cloud. To cherish a meal. To bow our heads before the mystery of the day. Are these not enough?

— Kent Nerburn
Simple Truths

The worst danger we face is the danger of being paralyzed by doubts and fears. This danger is brought on by those who abandon faith and sneer at hope.

— Harry S. Truman

Many of life's failures are people who did not realize how close they were to success when they gave up.

— Thomas Edison

Be kind to yourself as you proceed along this journey. This kindness, in itself, is a means of awakening the spark of love within you and helping others to discover that spark within themselves.

— Tsoknyi Rinpoche

Deep in our bones lies an intuition that we arrive here carrying a bundle of gifts to offer to the community. Over time, these gifts are meant to be seen, developed, and called into the village at times of need. To feel valued for the gifts with which we are born affirms our worth and dignity. In a sense, it is a form of *spiritual employment*—simply being who we are confirms our place in the village. That is one of the fundamental understandings about gifts: we can only offer them by being ourselves fully. Gifts are a consequence of authenticity; when we are being true to our natures, the gift can emerge.

— Francis Weller
The Wild Edge of Sorrow

Humility is not the denial of our special talents, but the understanding that those talents never stand alone. We are not solo performers, but members of a symphony… we never play the music of life alone. We are accompanied by others and dependent on them… for our lives were composed in harmony, our gifts best heard when shared.

— Steven Charleston
Climbing Stairs of Sunlight

Each of us brings something alive in the world that no one else can. There is a profound necessity at the heart of individuality. When your life awakens and you begin to sense the destiny that brought you here, you endeavor to live a life that is generous and worthy of the blessing and invitation that is always calling you.

— John O'Donohue,
Eternal Echoes

Accept—then act. Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it. Make it your friend and ally, not your enemy. This will miraculously transform your whole life.

— Eckhart Tolle

When nothing seems to help, I go and look at a stone cutter hammering away at his rock, perhaps a hundred times without as much as a crack showing in it. Yet at the hundred and first blow it will split in two, and I know it was not that last blow that did it, but all that had gone before.

— Jacob A. Riis

Meaningful action ought to be different for different people and for varied communities. We are moving away from homogeneity and embracing diversity on all levels. By reconnecting with yourself, you can uncover where your unique skills, passions, and experiences intersect. That is your place of true power as a heart-centered revolutionary. If your actions contribute to connection, healing, and growth, it is crucial work.

— LaUra Schmidt & Aimee Lewis Reau
How to Live in a Chaotic Climate

Our practice is to live our daily life in such a way that every moment, every act becomes an act of love.

— Thich Nhat Hanh

Hate has caused a lot of problems, but it has not solved one yet.

— Maya Angelou

One is called to live nonviolently, even if the change one works for seems impossible. It may or may not be possible to turn the U.S. around through nonviolent revolution. But one thing favors such an attempt: the total inability of violence to change anything for the better.

— Daniel Berrigan

Gratefulness is a setting of the heart, one that I can choose like a wavelength on the radio.

— Susan Mazrolle

Awe is the most powerful medicine in the world. I have never felt awe and shame at the same time, awe and loneliness at the same time, awe and judgment at the same time. And nothing wakes us up to awe more than life's brevity, which is to say forming an intimate relationship with our mortality could not only save us, it could save our world. If you don't believe me, tell me the last time you saw anything bite with its jaw dropped.

— Andrea Gibson
The Life-giving Benefits of
Befriending Our Mortality

Everyone you meet is fighting a battle you know nothing about Be kind. Always.

— Robin Williams

Things are what they are. What they are to us is up to us.

— Yogacharya Ellen Grace O'Brian

Saying yes is the way the flower of the soul breaks through the stone of the world.

— Mark Nepo

Grace means that all your mistakes now serve a purpose instead of serving shame.

— Brené Brown

All the ups and downs are grace in different wrappings, sent to refine consciousness. Say thanks to them all.

— Mooji

Any fool can make things bigger, more complex, and more violent. It takes a touch of genius—a lot of courage—to move in the opposite direction.

— Albert Einstein

Grace is something that comes to us when we somehow find ourselves completely available, when we become open-hearted and open-minded, and are willing to entertain the possibility that we may not know what we think we know.

— Adyashanti,
Falling into Grace

What we really need is a sustained practice that rewires and transforms our hearts and minds.

*— Richard Roh*r

So many people feel that the world's sorrow, magnified by the echo chamber of the media, must prevent us from being happy. They feel guilty if they are not weighed down by the suffering they see endlessly repeated in the media. But the media never magnifies the billions of moments of beauty, the billions of acts of kindness, that happen all over the planet right now… in between [the] momentary [shocks of violence] are vast territories of silence, of gentleness and creativity. Now, more than ever, it is important to be happy on earth.

— Fred LaMotte

The kindest people are not born that way, they are made. They are the ones that have experienced so much at the hands of life, they are the ones who have dug themselves out of the dark, who have fought to turn every loss into a lesson. The kindest people do not just exist—they choose to soften where circumstance has tried to harden them, they choose to believe in goodness, because they have seen firsthand why compassion is so necessary. They have seen firsthand why tenderness is so important in this world.

— Bianca Sparacino

The heart is a thousand-stringed instrument. Our sadness and fear come from being out of tune with love.

— Hafiz (rendered by Daniel Ladinsky)

Change will come, whether we wish it to or not. To fight it is like fighting the sunrise. Better to say, "Ah, welcome old friend. Here you are again."

— Bruce Coville

The morning cup of coffee becomes a sacred process of movement and pauses, senses and stillness. The evening walk shifts into a meditative trance of watching the ducks in the nearby pond. My routines become rituals the second I sense an internal bow to the moment's entanglement with holiness, with mindfulness, with love, wonder and awe. In ritual, I am rooted and invited to dive deeper into the expanse of myself and my own unfolding.

— Cassidy Hall,
Queering Contemplation

True friends are heroes and heroines who remind us that we are possible. They are the human stars who come out when things go dark. When things go well, they are often unseeable like stars during the day but in our sudden night, we see them and go, "Oh, I can find my way."

— Mark Nepo
You Don't Have to Do It Alone

Every day we touch the lives of others with our remembrance of them—a card, a call, a visit. We are found and made real in these acknowledgments of connection. We make our love visible and our world becomes a little more filled with tenderness.

— Gunilla Norris
On the Wing

You did the best you could with what you knew at the time. Don't let new wisdom lead you to condemn yourself over old struggles. Forgive yourself and move forward.

— Morgan Richard Olivier

All of the stories in all of the holy books do not amount to much if you have not become love…. That is the only teaching there is. Love is not a feeling; it is a state of being. You must love so that you become love itself; then, and only then, every act of yours, every deed, every word will uplift the whole of creation.

— Dena Merriam
My Journey Through Time

As we discover more joy, we can face suffering in a way that ennobles rather than embitters. We have hardship without becoming hard. We have heartbreak without becoming broken.

—Archbishop Desmond Tutu
in The Book of Joy by
H.H. the Dalai Lama &
Archbishop Desmond Tutu,
with Douglas Adams,

The story of the universe, like the story of humanity, is a love story. It is a grand tale of attraction. What is love if not the power of allurement? Without love—the unseen force that binds things together—the solar system, our galaxy, and, for that matter, all galaxies, would simply break apart. Nothing would work. Instead, everything holds together. Scientists call this force of attraction gravity. But gravity is not something that has ever been truly understood—not by Newton, or by anyone since. All we know of gravity is that it exists. What is the force that makes the moon want to be with the Earth and the Earth want to be with the Sun? You could call it gravity, but that is such a grave term for allurement. We might as well call it Love.

— Glenn Aparicio Parry

Who looks outside, dreams; who looks inside, awakes.

— Carl Gustav Jung

Every life is a work of art. Of many arts, in fact. Our lives are music, a symphony of love and loss, the haunting refrain of what might have been. We are paintings on the canvas of time, bold strokes and bright colors, more mystery than meaning. Our lives are drama and comedy, a dance of chances, a novel filled with characters we have known and a few we have loved. Spirit is the artist. We are the creation.

— Steven Charleston

Will you engage this moment with kindness or with cruelty, with love or with fear, with generosity or scarcity, with a joyous heart or an embittered one? This is your choice and no one can make it for you…. Heaven and hell are both inside of you. It is your choice that determines just where you will reside.

— Rabbi Rami Shapiro
The Sacred Art of Lovingkindness

If everything is connected to everything else, then everyone is ultimately responsible for everything. We find ourselves within a luminous organism of sacred responsibility.

— Lawrence Kushner
Invisible Lines of Connection

Once upon a time... there was the simple understanding that to sing at dawn and to sing at dusk was to heal the world through joy. The birds still remember what we have forgotten, that the world is meant to be celebrated.

— Terry Tempest Williams

This is my one prayer, one intention carried in the clay of skin: to be a useful cup fired in the kiln of life. Cracked as I am, shaped by flawed but caring human hands, let me hold what is mine to hold, then give it back, transformed by the keeping, to anyone thirsty enough to receive it.

— James Crews

The dissenter is every human being at those moments of his life when he resigns momentarily from the herd and thinks for himself.

— Archibald Macleish

In a profoundly interdependent world, generosity is fundamental to the entire economy of life. Even the simplest biological function involves receiving something from others (nutrients, oxygen, life), processing it in some unique way, and then passing it on to all other members of the matrix of life. We all do this whether we want to or not, and whether or not we are aware of it. The practice of giving becomes perfected when we align ourselves very deeply with this truth, by consciously and mindfully offering everything we do or say—even everything we think—as an act of universal generosity.

— Andrew Olendzki

Perhaps actually allowing ourselves to be taken by grief opens the possibility of inhabiting ecologies of care.

— Aimée Wilson

We each have something to contribute to the global healing process, a particular gift or vision, skill or song. Individual healing has a lot to do with finding this gift and using it for the world's sake, finding our song and singing it out.… When we find a way to manifest our gift and give it to the world, no matter how small or large it may seem, we are made whole.

— Miriam Greenspan,
Healing Through the Dark Emotions

The gap between what we are called to be, or to do, and what we believe we are capable of, is where the grace of God enters.

— Yogacharya Ellen Grace O'Brian

It is our responsibility, both singly and together, to prepare the earth for those who follow. The moments we confront in our lives will never be confronted by anyone else. The encounters we have are unique in this universe. All that we can do is meet the moments we have been granted with a humble and caring heart, and share the gifts we have been given with those whose lives brush against ours.

— Kent Nerburn
Calm Surrender

In the midst of gathering darkness, light becomes more evident.

— Bonnie Bostrom

Each one of your actions leaves an impression on the hearts of others. The clarity or confusion, the love or resentment you cultivate inwardly makes its mark upon the world. Every single thing you think, speak, or do has consequences and creates ripples of effect…. In every moment of life you are planting seeds that will come to fruition. Responsibility asks you to be ever aware of what kind of seeds you are planting.

— Christina Feldman
Compassion

Because my life is so full and so speeded up, I find it helpful to take a moment when I wake up and set my intention to be helpful to others that day. The phrase I say is very simple —"May I be of use"—but it has profound effects. It focuses me on what is most important and reminds me that meeting the deadline, for example, is important, but not as important as being caring to those I meet throughout the day. Setting this intention makes it more likely that when I do get speedy and unconscious of those around me, I will take a deep breath and look around at those with whom I am sharing this life.

— M.J. Ryan
The Giving Heart

The majority of us lead quiet, unheralded lives as we pass through this world. There will most likely be no ticker-tape parades for us, no monuments created in our honor. But that does not lessen our possible impact, for there are scores of people waiting for someone just like us to come along; people who will appreciate our compassion, our unique talents. Someone who will live a happier life merely because we took the time to share what we had to give.

— Leo Buscaglia

It was as if I suddenly saw the secret beauty of their hearts, the depths of their hearts,… the core of their reality, the person that each one is in God's eyes. If only they could all see themselves as they really are. If only we could see each other that way all the time. There would be no more war, no more hatred, no more cruelty, no more greed…. I suppose the big problem would be that we would fall down and worship each other.

— Thomas Merton
Conjectures of a Guilty Bystander

In the external scheme of things, shining moments are as brief as the twinkling of an eye, yet such twinklings are what eternity is made of—moments when we human beings can say "I love you," "I'm proud of you," "I forgive you," "I'm grateful for you." That's what eternity is made of: invisible imperishable good stuff."

— Fred Rogers

We can be the kindness that reminds someone that the world is a loving place…. Into this day we can weave a simple kindness that can gently ease the pain of another while bringing a lightness to our own hearts as well.

— Mary Davis
Every Day Spirit

In any moment, we have a choice in how we greet life. Either we meet it with a clenched fist or an open palm. Control or surrender. Either as a problem to be solved, or a mystery to be lived. Control was, and still is, very much in fashion…. Yet, I have learned that it is an open palm that invites us to surrender to a dance with a much larger web of life.

— Nipun Mehta
Graduation Speech
at Assumption College, 2018

The important thing is this: to be able to sacrifice what we are… for what we can become.

— Charles du Bos

Don't wait. Become a transformative force for good.

— Ann Mortifee
Love with the Infinite

Great spirits have always found violent opposition from mediocrities. The latter cannot understand it when a man does not thoughtlessly submit to hereditary prejudices but honestly and courageously uses his intelligence.

— Albert Einstein

Every man takes the limits of his own field of vision for the limits of the world.

— Arthur Schopenhauer

A coward is incapable of exhibiting love; it is the prerogative of the brave.

— Gandhi

I think we all have a little voice inside us that will guide us. If we shut out all the noise and clutter from our lives and listen to that voice, it will tell us the right thing to do

— Christopher Reeve

I live my life in growing orbits which move out over this wondrous world, I am circling around God, around ancient towers and I have been circling for a thousand years. And I still don't know if I am an eagle or a storm or a great song.

— Rilke

Knowing that you love the earth changes you, activates you to defend and protect and celebrate. But when you feel that the earth loves you in return, that feeling transforms the relationship from a one-way street into a sacred bond

— Robin Wall Kimmerer

In each of us, there is a little voice that knows exactly which way to go.

— Alice Walker

The most valuable possession you can own is an open heart. The most powerful weapon you can be is an instrument of peace.

— Carlos Santana

Don't be discouraged by your incapacity to dispel darkness from the world. Light your little candle and step forward.

— Amma

Let nothing dim the light that shines from within.

— Maya Angelou

When I interviewed Maya Angelou, she told me to write this sentence on my notepad and to never forget it: "Every storm runs out of rain." I still think of that line to this day.

— Alex Banayan

We can never underestimate this truth: No matter who you are, the biggest thing you can do in any day is most often going to be a small act of kindness, decency, or love.

— Cory Booker

I used to pray that God would feed the hungry, or do this or that, but now I pray that God will guide me to do whatever I'm supposed to do. I used to pray for answers, but now I pray for strength. I used to believe that prayer changes things, but now I know that prayer changes us and we change things.

— Mother Teresa

Let's keep pouring light into each other, into all things and all situations. At a time when change is all around us and we are not sure what we can do, simply pour light in. Love wins.

— Earthschool Harmony

We become older, wiser, and fiercer when we grow large enough to simultaneously embrace both the imperfection and the grace of the human condition with compassion and kindness for other and for self.

— Carol Orsborn
Older, Wiser, Fiercer

Love is not a doctrine. Peace is not an international agreement. Love and peace are beings that live as possibilities in us.

— Mary Caroline Richards

In a world of noise, confusion and conflict, it is necessary that there is a place of inner silence and peace; not the peace of mere relaxation but the peace of inner clarity and love.

— Thomas Merton

If you truly want to grow, make a practice out of gratitude: the daily art of celebrating the life unfolding before your eyes.

— Morgan Harper Nichols

We could live in a different way…. We don't have to repeat an endless stream of choices based on fear.

— Paula D'Arcy
Waking Up to This Day

Harmony that includes our differences is deeper and more durable than one that doesn't.

— Diane Musho Hamilton
The Zen of You and Me

In times such as these, it is no failure to fall short of realizing all that we might dream—the failure is to fall short of dreaming all that we might realize.

— Dee Hock

We have just so many days to live. Each one can be a day brought mindfully into awareness and appreciation.… By remembering each day, we bring ourselves into greater belonging, into knowing we are a part of a luminous whole.

— Gunilla Norris
On the Wing

Don't wait for the storm to pass; dance in the rain.

— Kevin Kelly
Excellent Advice for Living

The here and now is all we have, any of us, out of which to make life worthwhile and God present and holiness a normal, rather than an unnatural, way of life.

— Joan Chittister
Wisdom Distilled from the Daily

When some part of our body is injured, and we feel pain, we instinctively move to protect and heal it. As we awaken to our oneness with all of creation, this natural response grows and releases the most profound potential for compassionate action.

— Yogacharya Ellen Grace O'Brian

Welcome to the temple of your regular life.… This is the terrain where you wake up and transform. The sometimes chaotic, frequently fraught, unexpectedly beautiful domain of the everyday.… Your life is holy ground.

— Mirabai Starr
Ordinary Mysticism

Before you speak of peace, you must first have it in your heart.

— St. Francis of Assisi

Awe is the emotion that arises when we encounter vast mysteries that transcend our understanding of the world… Awe opens our minds to the truth that we as individuals are part of something much larger than self.

— Dacher Keltner
Awe

We live in times of massive change, a necessary element for our inevitable yet precarious progress. Never has there been a greater opportunity—and need—to participate in and take action on behalf of this unfolding process. A renewed commitment to our own spirituality is the only thing that will give us security—personally and collectively—in these changing times.

— Ralph Atkinson
The Story of Our Time

When we take a pause to really look at the beauty that surrounds us with a heart of wonder, gratitude rises in abundance for the humble, the simple and the small. When we live in awe of the unfathomable miracle of our lives, there is nothing too small for gratitude.

— Mary Davis
Every Day Spirit

Surrender is the inner transition from resistance to acceptance, from no to yes.

— Eckhart Tolle

Life is this simple: We are living in a world that is absolutely transparent and the Divine is shining through it all the time. This is not just a nice story or fable. It is true.

— Thomas Merton

Nothing gives you more joy than when your heart grows wider and wider and your sense of belonging to the universe grows deeper and deeper.

— Br. David Steindl-Rast

Toward the end of life, a universal forgiveness of everything for being what it is becomes the only way we can see and understand reality and finally live at peace.

— Richard Rohr

I believe our positive individual actions, our small acts of kindness, reverberate through the world in ways we will never know. I guess what I am saying is, we mean something. Our actions mean something. We are of value. I think there is more going on than we can see or understand, and we need to find a way to lean into the mystery of things.

— Nick Cave
Faith, Hope and Carnage

Carefully watch your thoughts, for they become your words. Manage and watch your words, for they will become your actions. Consider your actions, for they become your habits. Acknowledge and watch your habits, for they shall become your values. Understand and embrace your values, for they shall become your destiny.

— Mahatma Gandhi

Being human is always to be in return: to sacredness, to wakefulness, to the fact that we're on the same journey, alone and together. We're safe, then afraid. We're calm, then agitated. We're clear, then confused. We're enthusiastic, then numb…. When we lose our way, each of us is challenged to discern and embody a very personal practice of return—to what matters and to what has heart.

— Mark Nepo

This is what I believe we should all aim for: to make contributions to others' lives that will grow infinitely in our absence.

— Tom Rath

Life is both dreadful and wonderful. To practice meditation is to be in touch with both aspects.

— Thich Nhat Hanh

Each moment you are called upon to choose what you shall bring into the world. The choice is yours. So, too, the consequences.

— The Ethics of the Sages: Pirke Avot
Rami Shapiro, translator

We write history with our feet and with our presence and our collective voice and vision.

— Rebecca Solnit
Hope in the Dark

It is an incredible moment in the life of a human being, a turning point of boundless importance, when the percentages of the wish to awaken and the wish to continue sleepwalking shift from fifty/fifty to fifty-one/forty-nine.… At that point, we enter a noble path.

— Kathleen Dowling Singh
The Grace in Aging

It's in that convergence of spiritual people becoming active and active people becoming spiritual that the hope of humanity now rests.

— Van Jones

It only takes a day of gray to remind me that sunlight is a miracle.

— Kai Siedenburg
Love Poems from the Earth

My life is lived with a different intensity, not the burning intensity of youth. It's something else, a kind of spiritual audacity… an audacity in the face of things… a kind of reckless refusal to submit to the condition of the world.

— Nick Cave
Faith, Hope and Carnage

The "Who am I?" question goes hand in hand with the "Whose am I?" question. The quest for true self, rightly understood, is a journey into relationship, not self-centeredness. And as our self-knowledge deepens, so does our awareness that we would be nothing without community.

— Parker Palmer
Let Your Life Speak

In the end, the universe can only be explained in terms of celebration: It is an exuberant expression of existence itself.

— Thomas Berry

Sometimes there is no grand mystery to life, no great philosophy to pursue, no deep theology to embrace. Sometimes there is just a park bench. A place to be. A still-point beneath the trees. Don't chase meaning. Sit down, breathe, listen, wait. Meaning will find you. Right where you are, sitting at the center.

— Steven Charleston
Climbing Stairs of Sunlight

Our spiritual work is not merely personal. We individuals are continually being ignited with a fiery urge to activate the evolutionary possibilities of the collective human spirit. Ultimately, we engage in spiritual practice so we can bring all humanity along with us to enlightenment.

— David Richo
Five True Things

True spirituality is to be aware that if we are interdependent with everything and everyone else, then even our smallest, least significant thought, word, and action have real consequences throughout the universe.

— Sogyal Rinpoche

Each moment is a miracle encompassing everything: the joy and sorrow, the failure and success, the disappointment and happiness, the celebration and grief.

— Kazuaki Tanahashi

At a certain point, the crucial next step on the spiritual path is meditation in action.… We are the artists of our lives and of our collective destiny, co-creating a disastrous or healthy future: it's up to us. May all our innate seeds of natural bravery flower as communities of compassionate courage.

— Gaylon Ferguson
Natural Bravery

Getting in touch with the deepest longings of our hearts is essential if we are to see their realization in our lives and world…. It helps bring about the birth of something new. Our spiritual yearnings are like seeds of new life. To be alert to them together, to name them and nurture them, helps them grow and unfold in ways we may not yet even have imagined.

— John Phillip Newell
The Great Search

Today, soften your heart a bit. When you look at someone, try to see all the love and kindnesses that have transpired up to this point. Look at others with love instead of judgment. Whatever you give to others, you also give to yourself.

— Karen Berg

Living as a mystic means orienting the whole of yourself toward the sacred. It's a matter of purposely looking through the lens of love.

— Mirabai Starr
Ordinary Mysticism

The important thing is to care for one another. It really is that simple.

— Steven Charleston
Climbing Stairs of Sunlight

Beauty awakens the soul to act.

— Dante Alighieri

What will happen to us today is completely unknown… Whatever happens, our commitment is to use it to awaken our heart…. All activities should be done with one intention. That intention is to realize our connection with all beings.

— Pema Chödrön
The Places That Scare You

A contemplative person knows they don't know everything and trusts they're held by something much larger, wiser, and more loving than themselves.

— Richard Rohr

Don't get lost in the global. Begin to change the world today with one simple act of kindness. Act as though this kindness were the most needed act in the world. It is.

— Diane Mariechild
Open Mind

Active Hope is waking up to the beauty of life on whose behalf we can act. We belong to this world and we are here to play our part.

— Joanna Macy

The way we see ourselves matters. It affects how we treat people. It affects the quality of life for each and all of us. What is the quality of life on our planet? It is nothing more than the sum total of our daily interactions. Each kindness enhances the quality of life. Each cruelty diminishes it.

— Desmond and Mpho Tutu
Made for Goodness

Like a great tree that drinks in the sun's rays at dawn and turns them to shade for the weary passerby at noon, each morning, drink from the fountain of God's love and become refreshment for those you meet.

— Yogacharya Ellen Grace O'Brian

When we are rooted in true self, we can act in ways that are life-giving for us and all whose lives we touch. Whatever we can do to care for true self is, in the long run, a gift to the world.

— Parker Palmer
A Hidden Wholeness

Ours is not the task of fixing the entire world at once, but of stretching out to mend the part of the world that is within our reach. Any small, calm thing that one soul can do to help another soul, to assist some portion of this poor suffering world, will help immensely.

— Clarissa Pinkola Estes

Practicing enchantment is a commitment to seeing the world through new eyes. It means shaking off our cynicism and numbness and rediscovering the world that shimmers behind the everyday.

— Christine Valters Paintner
Earth, Our Original Monastery

Love is the light in which we see each thing again in its true origin, nature, and destiny. If we could look at the world in a loving way, then the world would rise up before us full of invitation, possibility and depth.

— John O'Donohue

Faith is the strength by which a shattered world shall emerge into the light.

– Helen Keller

If we view our day as saturated in sacred sights and sounds, then this moment, right here, right now, where we are, broken and messy, is a holy moment.

— Mary Davis
Every Day Spirit

As swimmers dare to lie face up to the sky and water bears them, as hawks rest upon air and air sustains them, so would I learn to attain freefall, and float into Creator Spirit's deep embrace, knowing no effort earns that all-surrounding grace.

— Denise Levertov

Change challenges, relieves, frustrates, threatens, saddens, or exhilarates us. Mainly it forces us to grow.

— Gloria Karpinski
Where Two Worlds Touch

The world, our lives, our daily bread, our loved ones, our opportunities, our challenges and difficulties—all are gifts.… Showered with blessings, it will take our entire lifetime to learn to be nothing but a living thankfulness.

— Gunilla Norris
Simple Ways

In one hundred years a lot of what we take to be true now will be proved to be wrong, maybe even embarrassingly wrong. A good question to ask yourself today is "What might I be wrong about?" This is the only worry worth having.

— Kevin Kelly
Excellent Advice for Living

We live in a time when the greatest form of courage is to act as if our lives made a difference.

— William Sullivan
The Secret of the Incas

The coolest most amazing people I have met in my life are the ones who are not very interested in power or money, but who are very interested in laughter and courage and grace under duress and holding hands against the darkness, and finding new ways to solve old problems, and being attentive and tender and kind to every sort of being, especially dogs and birds, and of course children.

— Brian Doyle

All the ups and downs are grace in different wrappings, sent to refine consciousness. Say thanks to them all.

— Mooji

Every life is a work of art. Of many arts, in fact. Our lives are music, a symphony of love and loss, the haunting refrain of what might have been. We are paintings on the canvas of time, bold strokes and bright colors, more mystery than meaning. Our lives are drama and comedy, a dance of chances, a novel filled with characters we have known and a few we have loved. Spirit is the artist. We are the creation.

— Steven Charleston

Life is amazing. And then it's awful. And then it's amazing again. And in between the amazing and the awful it's ordinary and mundane and routine. Breathe in the amazing, hold on through the awful, and relax and exhale during the ordinary. That's just living heart-breaking, soul-healing, amazing, awful, ordinary life. And it's breathtakingly beautiful.

— L.R. Knost

Kindness in word creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.

— Lao Tzu

Once upon a time there was the simple understanding that to sing at dawn and to sing at dusk was to heal the world through joy. The birds still remember what we have forgotten, that the world is meant to be celebrated.

— Terry Tempest Williams

What lies deep within our nature is a sort of primordial goodness, and we feel attuned to our profound nature when we behave in compassionate ways. So, in a way, simply attuning with our deepest nature is basic goodness.

— Matthieu Ricard

Wonder is the basis of worship.

— Francis Bacon

A disciple asks the rebbe: "Why does Torah tell us to 'place these words upon your hearts'? Why does it not tell us to place these holy words in our hearts?" The rebbe answers: "It is because as we are, our hearts are closed, and we cannot place the holy words in our hearts. So we place them on top of our hearts. And there they stay until, one day, the heart breaks and the words fall in."

—Hasidic Tale

Use your smile to change the world, don't let the world change your smile.

— Connor Franta

We each have something to contribute to the global healing process, a particular gift or vision, skill or song. Individual healing has a lot to do with finding this gift and using it for the world's sake, finding our song and singing it out…. When we find a way to manifest our gift and give it to the world, no matter how small or large it may seem, we are made whole.

— Miriam Greenspan
Healing Through the Dark Emotions

People say, what is the sense of our small effort? They cannot see that we must lay one brick at a time, take one step at a time. A pebble cast into a pond causes ripples that spread out in all directions. Each one of our thoughts, words and deeds is like that. No one has a right to sit down and feel hopeless. There is too much work to do.

— Dorothy Day

Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.

— Samuel Langhorne Clemens
better known as Mark Twain

Don't settle for average. Bring your best to the moment. Then, whether it fails or succeeds, at least you know you gave all you had. We need to live the best that's in us.

— Angela Bassett

Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek.

— Barack Obama

Vulnerability is the birthplace of innovation, creativity and change.

— Brene Brown

Mindfulness isn't difficult, we just have to remember to do it.

— Sharon Salzberg

In order to hold space for joy, we must release the spaces in our heart where resentment resides.

— Aurora James

For a time, tyrants can seem invincible, but in the end, they always fall.

– Mahatma Gandhi

When you can't control what's happening, challenge yourself to control the way you respond to it. That's where your power is.

— Lisa Nichols

Creativity is an energy, it's a precious energy and it's something to be protected. A lot of people take for granted that they're a creative person, but I know from experience, feeling it in myself, it is a magic; it is an energy. And it can not be taken for granted.

— Ava DuVernay

Holding onto anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.

— The Buddha

Look for the helpers. You will always find people who are helping.

— Mr. Rogers

I define joy as a sustained sense of well-being and internal peace. A connection to what matters.

— Oprah Winfrey

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

— Leo Buscaglia

I love Sufi poetry, and one of the lines is, “Let yourself be drawn by what you love. There are thousands of ways to kneel and kiss the ground,” and we each have our path for doing that.

— Sister Marilyn Lacey

From within and from behind, a light shines through us upon things, and makes us aware that we are nothing, but the light is all.

— Ralph Waldo Emerson

Give light, and the darkness will disappear of itself.

— Desiderius Erasmus

Keep an open mind, but don't let your brains fall out.

— Joan Borysenko

I found the growing down phase very relevant to me. As I head into the autumn of my life I find myself more invested in others. I have had my share of wins (and losses) along this journey and now spend more time trying to make the journey better/easier for others.

— Jim Davis

Ours is not the task of fixing the entire world all at once, but of stretching out to mend the part of the world that is within our reach.

— Clarissa Pinkola Estés

Life is this simple: We are living in a world that is absolutely transparent and the Divine is shining through it all the time. That is not just a nice story or fable. It is true.

— Thomas Merton

Gratitude helps you to grow and expand; gratitude brings joy and laughter into your life and into the lives of all those around you.

— Eileen Caddy

We all live under the same sky, but we don't all have the same horizon.

— Konrad Adenauer

No matter what people tell you, words and ideas can change the world.

— Robin Williams

To be healers we need to go beyond being victims or even survivors of whatever our own private hell might be. We are being called upon instead to become transformers of consciousness.

— Joan Borysenko
Fire in the Soul

The greatest revolution of our generation is the discovery that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.

— William James

Faith is the bird that feels the light and sings when the dawn is still dark.

— Tagore

Let's not only think peace, but let's show people what peace would feel like if they had it.

— Deane Juhan

The mind creates the abyss, and the heart crosses it.

—Stephen Levine

To get on with our life means looking at some of the stuff we've been struggling our whole life not to see. Grace is not always pleasant, but it always brings us eloser to our true nature.

— Stephen Levine

It does not matter how long you have forgotten, only how soon you remember.

— The Buddha

Overcome any bitterness that may have come because you were not up to the magnitude of the pain that was entrusted to you. Like the Mother of the world Who carries the pain of the world in Her heart, each one of us is part of Her heart and therefore endowed with a certain measure of cosmic pain. You are sharing in the totality of that pain. You are called upon to meet it with joy instead of self pity. The secret is to offer your heart as a vehicle to transform the cosmic suffering into joy.

— Sufi Saying

Excerpt from the Play
A Sleep of Prisoners

"The human heart can go the lengths of God—dark and cold we may be, but this is no winter now. The frozen misery of centuries breaks, cracks, begins to move. The thunder is the thunder of the floes, The thaw, the flood, the upstart Spring. Thank God our time is now when wrong comes up to face us everywhere, never to leave us till we take the longest stride of soul men ever took. Affairs are now soul size. The enterprise is exploration into God. Where are you going? It takes so many thousand years to wake, but will you wake for pity's sake"

— Christopher Fry

[And perhaps we wonder: Could this be true? Could it be that our shared history as a people has been only a winter's drama on a frozen river? What if after eons of building ice palaces, we have forgotten that Winter is, after all, the season that precedes Spring? — editor]

Your vision will become clear only when you look into your heart. Who looks outside dreams. Who looks inside awakens.

— Carl Jung

Open your consciousness to the deep web of relationship that underlies and interweaves all experiencing, all knowing. It is the web of life in which you have taken being and in which you are supported. Out of that vast web you cannot fall. No stupidity or failure, no personal inadequacy, can ever sever you from that living web, for that is what you are and what has brought you into being. Feel the assurance of that knowledge. Feel the great peace, rest in it. Out of that great peace, we can venture everything. We can trust. We can act.

—Joanna Macy

That fire of clear mind is in every one, and to remove any obscuration of its clarity is the duty of all people in this time, that each one may remember and find our way again to the source of our being.

—Dhyani Ywahoo

Piecing Together the Puzzle

Once upon a time (or was it only yesterday?) a harried mother was nearing the breaking point as Didi, her inquisitive young daughter, bombarded her with unending questions. Noticing a picture of the Earth on the cover of a magazine, she carefully tore it into dozens of jagged-edged pieces, mixed them up, and gave the improvised jigsaw puzzle to Didi to reassemble. Thinking she had bought herself at least half an hour of quiet, the mother was startled when Didi returned a few minutes later with the picture intact. "Look, Mommy, the world is back together," exclaimed Didi proudly. Astounded, her mother couldn't help but ask, "How did you get it all back together so fast, Honey?" "It was easy!" exclaimed Didi with a grin of delight. "At first I couldn't see how to make the pieces of the Earth fit together. Then I looked on the other side of the pieces, and there I saw parts of a person. It was much easier to put the person together, so that's what I did. And when the person came together, so did the Earth."

—Retold from a story in
The Dragon Doesn't Live Here Anymore
by Alan Cohen

To train in compassion is to know all beings suffer in similar ways, to honor all those who suffer, and to know you are neither separate from nor superior to anyone.

— Sogyal Rimpoche

By facing fear are spirit warriors made. Thus fear is naught of which to be afraid.

— E. J. Michael

The problems that exist in the world cannot be solved by the level of thinking that created them.

— Albert Einstein

I have three treasures: Love, Frugality, and Humility. Having Love, I can be courageous. Being Frugal, I can afford to be generous. Being Humble, I can learn the wisdom of the world.

— Tao Te Ching

If peace of mind is your goal, look for errors in your beliefs and expectations. Seek to change them, and not the world. And always be prepared to be wrong. But if being right is your goal, you will find the error in the world, and seek to change it. But don't ever expect peace of mind.

— Peter Russell
The Global Brain

Until one is committed there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation), there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves, too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamt would have come his way. I have learned a deep respect for one of Goethe's couplets: "Whatever you can do, or dream you can, begin it. Boldness has genius, power, and magic in it."

— W.H. Murray

One does not become enlightened by imagining figures of light, but by making the darkness conscious.

— Carl Jung

If you wish to live in the light, you must step out of the shadows.

— E. J. Michael

It's vital to be growing through your life rather than going through your life. The object is not to change other people or situations; it's to do the inner work they stimulate.

— Wally Amos
Man with No Name

Obstacles are what you see when you take your eyes off the goal.

— Wally Amos

Your pain is the breaking of the shell that encloses your understanding.

— Kahlil Gibran

The coolest most amazing people I have met in my life, I said, are the ones who are not very interested in power or money, but who are very interested in laughter and courage and grace under duress and holding hands against the darkness, and finding new ways to solve old problems, and being attentive and tender and kind to every sort of being, especially dogs and birds, and of course children.

— Brian Doyle

The real voyage of discovery lies not in seeking new landscapes but in having new eyes.

— Marcel Proust

I have discovered that if I lead a life of service to my fellow human beings, honestly devoting my all to that purpose, I never have to worry about being taken care of myself. Countless experiences have taught me the value of compassion.

— Wally Amos

The conclusion is always the same: love is the most powerful and still the most unknown energy in the world.

— Teilhard de Chardin

Let's not look back in anger, or forward in fear, but around in awareness.

— James Thurber

If a man advances confidently in the direction of his dreams to live the life he has imagined, he will meet with a success unexpected in common hours.

— Henry David Thoreau

Those of us who have been on a spiritual path of consciousness know how it works. We know that when we make some changes internally they are immediately reflected in our life. Everything shifts. We need to understand how powerful that is. We really do affect the world—each one of us —when we do that transformational process in ourselves. That's really the most powerful effect we can have on the world. Then we can do things like taking political and social action. Those things are important. But if we take external action on the basis of being committed to our own growth process, it's much more powerful than if we're just projecting the problem outside of ourselves. We need to understand that our society is a reflection of consciousness. As our consciousness changes, our experience of life shifts.

— Shakti Gawain

If there is a higher power operating in your life, accessing Its wisdom offers a way through the confusion and contradictions of mind. In each situation, our spirit, guardian angel, God, or Highest Truth knows what decisions will bring the greatest benefit to all and create the least potential for future suffering.

— anonymous

This is a call to you who are in the process of transforming your life and evolving beyond the tension and limitations which others consider normal. It is an invitation to intensify your growth as a spiritual warrior—a person increasingly focused on becoming empowered in the service of your highest vision, the healing of our human family and our wounded Mother Earth. This invitation is especially for you who are committed to personal, social, organizational, and planetary transformation—at whatever cost, maintain your inner peace and clarity of purpose.

— Anonymous

Your talent determines what you can do. Your motivation determines how much you're willing to do. Your attitude determines how well you do it.

— Lou Holtz

Live your beliefs and you can turn the world around.

— Henry David Thoreau

Prescription for the Blues

One day when I was worried and feeling very blue, I read a small prescription that I will share with you. It said when you're discouraged, don't sit and fret and frown. Just get a piece of paper, and write your blessings down. I thought that there was nothing for me to write about, but long 'fore I could finish, my fountain pen ran out.

— Carla Dorsey, 97

For what you see and hear depends a good deal on where you are standing: it also depends on what sort of person you are.

— C.S. Lewis

What you do today can improve all your tomorrows.

— Ralph Marston

I seem to be enjoying life, apparently, and people often ask me, “How can you seem so optimistic when you’re talking about everything falling apart?” Well, it’s only falling apart in the same way that anything falls apart when there is a process of rebirth. There has to be deconstruction along with construction. But optimism is often used in the sense of, “What are the odds that we'll make it through?” That’s not even a serious question. But optimism as a character trait is something else again. Optimism is observing that there is a wide range of things that could happen and consciously picking the very best and investing one’s life in that! One never knows whether one will succeed in ones’ chosen path, but that’s irrelevant. What matters is that one invests oneself in the best one can find. That’s what optimism really means to me.

— Willis Harman

A Human Being is part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest, a kind of optical delusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and affection for a few persons nearest us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.

— Albert Einstein

Our concept of time has been a false one. Greed inflates its importance to where it controls our lives.

— Tom Bender

Austerity does not exclude richness or enjoyment. What it does do is help us avoid things that keep us from our goals in life

— Tom Bender

"What is the meaning of life?" was asked of Alexander Papaderos, the renowned Greek philosopher. Taking his wallet out of his hip pocket, he fished into a leather billfold and brought out a very small round mirror, about the size of a quarter. And what he said went like this:

"When I was a small child, during the war, we were very poor and we lived in a remote village. One day, the road, I found the broken pieces of a mirror. A German motorcycle had been wrecked in that place. I tried to find all the pieces and put them together, but it was not possible, so I kept only the largest piece. This one. And by scratching it on a stone I made it round. I began to play with it as a toy and became fascinated by the fact that I could reflect light into dark places where the sun would never shine.

"I kept the little mirror, and as I went about my growing up, I would take it out in idle moments and continue the challenge of the game. As I became a man, I grew to understand that this was not just a child's game but a metaphor for what I might do with my life. I came to understand that I am not the light or the source of light. But light—truth, understanding, knowledge—is there, and it will only shine in many dark places if I reflect it."

— Shared by Marcia Chertok

We work with the questions not just to attain answers, but also as a way of expanding consciousness.

— anonymous

Affluence has a real cost. Its possibilities demand impossible commitments of time and energy. It fails to discriminate between what is wise and useful and what is merely possible. We end up foregoing the things necessary for a truly satisfying life to make time and space for trivia. Like a garden, our lives need to be weeded if they are to produce a good crop.

— Tom Bender

Not just the voice of my wounded inner child, but the many voices of wounded children everywhere—and the voice of the wounded Earth—are important to hear, accept, and integrate for profound healing to occur.

— S Brian Wilson

Our conventional world is one which splits us through the heart. We divide our time and lives between work and leisure. But rarely do we allow our work the leisure to be enriching. And rarely do we allow our leisure the purpose and reward of doing things of value and benefit.

— Tom Bender

This is the way to peace: Overcome evil with good, falsehood with truth, hatred with love.

— Peace Pilgrim

We cannot solve a problem with the same mentality that created it.

— Albert Einstein

If you can smile at the faults of yourself, you can smile at the faults of others.

— author unknown

We support each other in clarifying, expanding, and living our highest vision.

— anonymous

Wendell Berry wrote about the beauty of an old woman crocheting—a job she knows she will never finish—and that the joy of time spent making something beautiful is the real product we create. We need to account for both the inner and outer products of our work.

— author unknown

Life has a way of becoming focused on our concerns, our troubles and regrets. Everyone you meet is carrying something. We also live in a time when commercial media focuses daily on what is scary, tragic, enraging or salacious—real or manufactured. How important it is to sink into what is so good in our lives and in our world. That doesn't mean I don't care or I'm not doing what I can to address what is hard or concerning in our world and in my own life. But what I am saying is that it is not the scary, tragic, enraging or salacious that sustains us—it is the unabashed goodness of life that grounds us, revives us, gives us the courage when courage is needed.

— Carrie Newcomer

Don't confuse your path with your destination. Just because it's stormy now, doesn't mean you aren't headed for sunshine later. Don't lose faith.

— Trent Shelton

Your journey is not the same as mine, and my journey is not yours, but if we meet on a certain path, may we encourage each other.

— Author Unknown

We too are responsible for the existence of tyrannical conditions, of external constraints which crush our spirit, because we are responsible for co-creating the world through the projection of our internal limitations. The spiritual traditions tell us that we have complicity in the making of the world as it is. We are not victims of that world, we are its co-creators. The fact that we have complicity in world-making is a source of awesome responsibility, and a source of profound hope for change.

— Parker Palmer

It is hard to break a habit or a long time groove we've worn in our brains. Maybe that is why I've always loved the word "practice." Practice does not imply perfection, it simply affirms intention. And so one of my daily goals is to practice —practice the things that help me stay more clear, grounded and centered, practice what nurtures my life, practice a sense of humor, practice breathing, practice rising up and singing, and practice staying in tune with a community where I can find wisdom and companionship for the journey.

— Carrie Newcomer

Time vanishes when we are happy and excited and immersed in what we are doing. That is where we and our lives belong.

— Tom Bender

Necessity is not a fact, it's an interpretation.

— Nietzsche

The salvation of the world lies in the huan heart.

— Vaclav Havel

Everyone can rise above their circumstances and achieve success if they are dedicated to and passionate about what they do.

— Nelson Mandela

Spirituality is not primarily about values and ethics, not about exhortations to do right or live well. The spiritual traditions are primarily about Reality. The spiritual traditions are an effort to penetrate the illusions of the external world and to name its underlying truth—what it is, how it emerges, and how we relate to it.

— Parker Palmer
from his essay, Leading from Within:
Reflections on Spirituality and Leadership

The salvation of the human world lies nowhere else than in the human heart, in the human power to reflect, in human meekness and in human responsibility. Without a global revolution in the sphere of human consciousness, nothing will change for the better in the sphere of our being as humans, and the catastrophe toward which this world is headed—be it ecological, social, demographic or a general breakdown of civilization—will be unavoidable.

— Parker Palmer

Most of us don't really want the truth. We want to want the truth. We would like to be committed because it sounds like a good idea. The heart senses the value, the power, the potency of a willingness to surrender, because that willingness is what does the work in any kind of practice,... not the method.

— Stephen Levine

Matter is not the fundamental factor in the movement of history—Spirit is, Consciousness is, human awareness is, thought is, spirituality is. These are the deep sources of freedom and power with which people have been able to move boulders and create change.

How many times have you heard, “Those are good ideas, inspiring notions, but the *reality* is….” How many times have you heard people try to limit our creativity by treating institutional and economic realities as absolute constraints on what we are able to do?

This is a great human problem.

— Parker Palmer

Research shows that societies which are more gender equal also are more peaceful. A modern military that is gender-balanced could result in greater commitment to ethics, values and keeping the peace.

— Erik Melander

Yes, a new constellation in consciousness will emerge from this carnage, but we need to let ourselves be disoriented first. So let's not rush the redemption. As Rumi puts it, "Sell your cleverness and buy bewilderment." Because in cleverness you rely on known ways of making the world, in bewilderment a new vision always, eventually, emerges.

— Toko-Pa Turner

The cave you fear to enter holds the treasure you seek.

— Joseph Campbell

You will always have the time for the things you choose to put first in your life.

— Brad Turnbul

After witnessing the walls of everyday reality crack, when we glimpse a completely different 'reality,' we can either suppress our experience or begin to deeply question: What is real?…. Such moments are more than just personal happiness, they're revelations of another reality which we've forgotten—the déjà vu of a world order entirely free of fear—that we encounter as much more real and familiar to us than most of what we believe about ourselves.

Reconnecting with this reality is no longer just an arbitrary individual question, but a political one, decisive for our very survival. Our collective alienation from the living world has become so extreme that it has provoked multiple and converging existential crises that won't be overcome if we don't address their common root. Understanding the depth of our disconnection, unlearning its mechanisms and consciously embracing life again have become conditions for humanity's decent survival. It's a journey we must walk together, for it is our entire civilization that needs a different foundation.

— Martin Winiecki
Tamera Peace Research
and Education Center

We have to go down and in, and on the way we meet monsters. But if we ride those monsters all the way down, we find the most precious thing of all: the unified field, our complex and inexplicable caring for one another, the community we have underneath our brokenness, our life together.

Great leadership comes from people who have made that downward journey through violence and terror, who have touched the deep place where we are in community with each other, and who can help take other people to that place *That* is what great leadership is all about.

— Parker Palmer
quoting Annie Dillard

We must help each other because these are critical issues. The failure of leaders to deal with their own inner life is creating conditions of real misery for lots and lots of folks.

— Parker Palmer

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that frightens us. We ask ourselves, who am I to be: brilliant, gorgeous, talented, and fabulous? Actually, who are you *not* to be?

You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us.

It's not just in some of us: it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.

— From the 1994 inaugural speech of
Nelson Mandela, President of South Africa

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Yes, the world is competitive, but only because. we make it that way. There is another way of going about things, a way that's consensual, that's cooperative, that's communal

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The spiritual gift we receive as we take the inward journey is the knowledge that the universe is working together for good.

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We too are responsible for the existence of external constraints which crush our Spirit through the projection of our internal limitations. We are not victims of that world, we are its co-creators.

~ ~ ~ ~ ~ ~ ~

The spiritual gift on this inner journey is the. knowledge that in chaos I cannot only survive, but I can thrive, that there is vitality in that chaotic field of energy.

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You don't have to be your fears, and you don't have to create a world in which those fears dominate the conditions of many, many people.

— Above five quotes by Parker J. Palmer
from his essay, Leading from Within:
Reflections on Spirituality and Leadership
Available online at archive.org or from
inspiring.thoughts.forever@gmail.com

We will see that war has failed to bring peace, hate has failed to bring justice, domination has failed to bring security, and control has failed to bring freedom. Those failures of purpose will mirror a deeper failure, a failure of understanding. The ways we made sense of the world will no longer make sense. Will we have the fortitude to abide in bewilderment long enough for new understanding to grow?

— Charles Eisenstein

Life is a true miracle—the great unknown master that never ceases to touch and move through us. We know the gift of grace when it suddenly, often unexpectedly, takes hold of us, be it through an unusual encounter, a near-death experience, a psychedelic drug, an enlightening vision, the deep perception of another being's soul or intuitively knowing how to escape a dangerous situation unhurt. No matter how the magic occurs, we bear witness to the way that everything seems to happen by itself, in a kind of perfection that's often beyond rational explanation. We feel the presence of a dynamic, creative, intimate current that's both within us and that connects us with everything else. We find ourselves changed, unified in a world of full contact, resonance, and communication.

— Martin Winiecki

Energy flows where attention goes.

— Ancient Wisdom Saying

Economics is a scary word. It has this way of making basic, critical questions of life—*How shall we spend our time? Who gets access to which resources?*—seem impenetrable, none of our business and, of all things, boring. Most of us therefore withdraw from the conversation, and in our absence mainstream economics has crafted answers to those questions that are indeed something to fear: an economy so violently contrary to our human instincts and desires that it leaves epidemics of depression, loneliness and suicide everywhere it goes, that uses mass media and financial stress to seize control of both our days and our hearts, sparking not only economic and environmental devastation, but cultural and spiritual annihilation, that is perhaps the most effective system for sucking the life and joy from people's souls that our Earth has ever seen.

— Shaun Chamberlin
The Transition Timeline

Trust is the primordial healing power which reconnects us to each other and the world. To develop trust, we need ways of living together in which we can dare to drop our masks and freely express what we genuinely think, feel and love. Whenever we can do this fully, we experience liberation and allow others to "see" us. When truth is allowed, trust emerges naturally—to be seen is to be loved.

That's easily said but actually requires an unshakable decision for solidarity, because the path of trust-building leads us right through the wounds of history…. We develop a fundamentally different relation to our bodies. We no longer see them as obstacles or prisons to be transcended, but organs of perception and knowledge that sensually connect us with each other and all of earthly existence. A body free of fear is a direct expression and mirror of life itself—it can neither lie nor submit to being occupied by oppressive or violent forces, neither politically nor spiritually.

To arrive at the point where we can live freely from a source of authentic creativity, discovering ourselves and our relation to other beings in trust, we need to dismantle the fallacious thought forms and programs that have been instilled in us throughout the past few thousand years.

— Martin Winiecki
Tamera Peace Research
and Education Center

The broken world waits in darkness for the light that is you.

— L.R. Knost

I claim to be a simple individual liable to err like any other fellow mortal. I own, however, that I have humility enough to confess my errors and to retrace my steps.

— Mahatma Gandhi

We cannot avoid pain, but we can avoid adding suffering to the pain.

— Pema Chödrön

Radiate boundless love towards the entire world.

— The Buddha

Doubtless, for every bastion of hope and joy you hear of or encounter, there are a hundred more that you haven't. It is a heartening multiplication that I regularly remind myself of, a counterweight to the mainstream media's narrow, oppressive "realism."

— Shaun Chamberlin
The Transition Timeline

True love begins when nothing is looked for in return.

— St Therese of Lisieux

To live is the rarest thing in the world. Most people just exist.

— Oscar Wilde

We have become so focused on the urgent that we haven't the time to pause and listen to the lessons of nature. Instead, even in the case of climate change, we analyse and analyse, we gather more and more data on how bad the situation is, rather than creatively deploy, learn, adapt, and then re-deploy new ways of living in harmony with the planet.

We have lost the perspective and humility to see ourselves as one very young species in the billion year timeline of life on earth…. In the rush of rationalisation, we have lost touch with collective empathy. In the noise of abundant evidence, we have lost our ability to pause, listen, and reimagine.

— Matt Taylor

Truly, to have a clear conscience, even if the whole world doubts you, is a joy and a strength worth all the treasures of the Universe.

— Paramahansa Yogananda

Each work has to pass through three stages—ridicule, opposition, and then acceptance. Each man who thinks ahead of his time is sure to be misunderstood. So opposition and persecution are welcome, only I have to be steady and pure and must have immense faith,... and all these will vanish.

— Swami Vivekananda

We are each composed of many "parts"—habits of thinking, unresolved trauma, memories, emotions, somatic reactions, and the layers of experiences that shape who we are. Many of these are protective patterns that resist change…. We must learn to engage softly and slowly with these patterns, hospicing the ones whose presence is now harmful and/or unnecessary towards a goodbye that ideally feels respectful of their initial good intentions.

We are often confronted with just how difficult change is, and how even the wisest, most flexible of us come up against protective parts of ourselves that will do anything in their power to stay connected to familiarity. There are many reasons for this, but the central one is that all living systems strive for homeostasis and therefore fight against changes in the status quo at the same time they strive to stretch and grow. A funny paradox.

— Pauline Baudon

Give us the wisdom to teach our children to love, to respect, and to be kind to one another that we may grow with peace in mind.

— Native American Prayer

May our world, all its beings, our leaders, and the spirits of the the nations Awake!

May we humans evolve rapidly, far beyond the selfish, self-centered, fear, anger, and emotional tendencies of our minds.

May we cease finding fault with others and accept responsibility for the suffering we have created, repenting so sincerely that we change to the very core of our being and create suffering no more. May we blossom in love of you, Divine Friend, and care for each other, Mother Earth, and all of her beings according to Your guidance. May we awake!

— Anonymous

The number one problem facing humanity today is our sense that we are powerless to change any of it. The old ways of knowing and acting in our world are no longer sufficient. Our systems are collapsing. If we are going to serve societal transformation in the face of this collapse, as we believe is fully possible, we need to draw on a new form of knowing—knowing for transformative action.

— C. Otto Scharmer and Eva Pomeroy

I have three treasures: love, frugality, and humility. Having love, I can be courageous. Being frugal, I can afford to be generous. Being humble, I can learn the wisdom of the world.

— Tao Teaching.

From the outer world of the senses, the mind and ego, we are drawn inward by love and longing, into the mystery of what it really means to be a human being.

— Llewellyn Vaughan-Lee
Seeding the Future:
A deep Ecology of Consciousness

Worry never robs tomorrow of its sorrow, it only saps today of its joy.

— Leo Buscaglia

Ours is not the task of fixing the entire world all at once, but of stretching out to mend the part of the world that is within our reach.

— Clarissa Pinkola Estés

The world doesn't need what women have. The world needs what women are.

— Saint Edith Stein

Faith is taking the first step even when you can't see the whole staircase.

— Martin Luther King Jr.

The whole world is full of God's glory; we must only have eyes to see.

— Baal Shem Tov

The planet does not need more successful people. The planet desperately needs more peacemakers, healers, restorers, storytellers, and lovers of all kinds.

— H.H. the Dalai Lama

Love seeks one thing only, the good of the one loved. It leaves all the other secondary effects to take care of themselves. Love, therefore, is its own reward.

— Father Thomas Merton

You have to grow from the inside out. None can teach you, none can make you spiritual. There is no other teacher but your own soul.

— Swami Vivekananda

In modern Western society, we want to preserve everything and we want to live forever. We wage war on old age and write songs about being forever young. Because death is seen as no more, no less than the end of the line—something to be held off and resisted—we live in constant fear of it.

But to the Celts, death was inextricably intertwined with life. Every month the moon died and was reborn. Every winter the Sun died and was reborn. The tide came in and the tide receded. To think that you could avoid these natural cycles was not only unthinkable but undesirable. Out of all the dying, something precious and new is always born. Unending transformation, the greatest of all the gifts the Earth offers us, life in death and death in life.

Perhaps more than anything, to become elder is to be comfortable with your place in the world, finally to have understood where all of your various journeys have been leading you, to understand your gifts as well as your limitations, and to tightly focus those gifts on service to the earth and to community.

— Sharon Blackie

A cloud of unknowing, I rest in the sky of boundless being, drenched in a sweetness of heart the mind cannot taste, my frail wings held aloft in currents of awakening trust.

— Monika John

When we realize, as a global community, we are all suffering together, this helps us understand our sameness as human beings.

— Dr. Nashele Guan Ninda

If a rock, though extremely hard, can be hollowed out by water, how much more so should it be possible for The Light, which is compared to water, to change my heart?

— Rabbi Akiva

Silence is the absolute poise or balance of body, mind and spirit.

— Ohiyesa

For a day, just one day, talk about that which disturbs no one and brings some peace into your beautiful eyes.

— Hafez

Observing in much of the world around me escalating greed, self-centeredness, and shortsightedness, I wanted my life to harmonize with the changes which must unfold if humanity is to survive on this planet.

— Anonymous

When you go into the space of nothingness, everything becomes known.

— The Buddha

In the attitude of silence, the soul finds the path in a clearer light, and what is elusive and deceptive resolves itself into crystal clearness.

— Mahatma Gandhi

To the seer, all things have verily become the self. What delusion, what sorrow can there be for him who beholds that oneness?

— Isa Upanishad

You can always give something even if it is only kindness.

— Anne Frank

Wealth is not what you have, it is what you can do without.

— Source Unknown

Now is the time of awakening on planet Earth.... As you learn to live more lightly, allowing light and life to move through you easily, you will experience much joy, love, and peace in your lives.... You will realize you do not "live your life," but "life lives you."

— Lee Williams
Heaven and Earth

It is essential to leadership that one should take the far-reaching and the great, and leave off the shortsighted and the petty.

— Zen Lessons: the Art of Leadership,
translated byThomas Cleary

I have discovered that if I lead a life of service to my fellow human beings, honestly devoting my all to that purpose, I never have to worry about being taken care of myself. Countless experiences have taught me the value of compassion

— Wally Amos
Man with No Name

Can you love people and lead them without imposing your will? Can you deal with the most vital matters by letting events take their course?

— Tao Te Ching
translated by Stephen Mitchell

The fact that an opinion has been widely held is no evidence whatever that it is not entirely absurd; indeed, in view of the silliness of the majority of mankind, a widespread belief is more likely to be foolish than sensible.

— Bertrand Russell

Every creative act involves a new innocence of perception, liberated from the cataract of accepted belief.

— Arthur Koestler

Within ordinary moments, there is extraordinary magic. When your child laughs at a shadow or marvels at a butterfly, they're inviting you into their world… a world where presence is everything. That's where the real connection happens. Not in the doing, but in the being.

— Louie Schwartzberg

If a man advances confidently in the direction of his dreams to live the life he has imagined, he will meet with a success unexpected in common hours.

— Henry David Thoreau

We traditionally would prefer not to view the world as it is, but would rather see it through the lens of our own desires, hopes and fears. But by doing so, we often end up ignoring large parts of our experience as they do not match our expectations.

— Elaine Yuen

Use every letter you write, every conversation you have, every meeting you attend to express your fundamental beliefs and dreams.

Affirm to others the vision of the world you want. Network through thought, network through action, network through love, network through the spirit.

You are the center of the world. You are a free, immensely powerful source of life and goodness. Affirm it. Spread it. Radiate it. Think day and night about it, and you will see a miracle happen: the greatness of your own life in a world of big powers, media, and monopolies.… Networking is the new freedom, the new democracy, a new form of happiness.

— Dr Robert Mueller
Assistant Secretary General for
Economic and Social Services
for the United Nations.

Our fears are like fences. We must jump over them to discover new territory.

— E. J. Michael

If it doesn't challenge you, it doesn't change you.

— Fred DeVito

Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit.

— Napoleon Hill

Don’t ask what the world needs. Find what makes you come alive and do it. What the world needs is more people who have come alive.

— Anonymous

A cloud does not know why it moves in just such a direction and at such a speed. It feels an impulsion... this is the place to go now. But the sky knows the reasons and the patterns behind all clouds, and you will know too, when you lift yourself high enough to see beyond horizons.

— Richard Bach

I believe in spiritual evolution, and I believe in helping one another become whole. A financial crisis, an unexpected twist or turn in a career, a catastrophe in one endeavor that opens the door to another opportunity—all these can be seen as part of a Plan that encourages us to learn to use our talents for supporting one another. As we resist less, allow more, become increasingly flexible and find ways to sort out the voice of spirit from our fears and inner demons, we each are moving closer to finding our way.

Good luck on your path.

— Camilla Parham

The key to abundance is meeting limited circumstances with unlimited thoughts.

— Marianne Williamson

The Buddhist tradition considers everyone to have an inherently "awake heart," which is the source of great wealth. "Bodhie" is the Sanskrit word for "awake" or "wakefulness." And "chitta" is Sanskrit for "heart." This awake heart is the foundation for all of our human interaction. It is what allows us to love our spouses and children, what allows for trust between business partners, what allows for groups of people to become inspired and work together on projects. It. is regarded as wealth because it is the basis for human exchange. Therefore it could be the basis for either physical, psychological or spiritual wealth. In a sense, Bodhichitta is the essential component within the fabric of humanity.

— Elaine Yuen

Don't ask why the world isn't changing The whole world is looking at you asking why *you* aren't changing. What's easier? Change yourself. Transform yourself. It is very simple but very deep and very profound.

— Tsem Rinpoche

To put it simply, we want so much, all the time, that we have not even noticed how much quality of life we have given up, how much peace of mind we have sacrificed.

— Bo Lozoff

The price of anything is the amount of your life you exchange for it

— Henry David Thoreau.

This is true joy in life, the being used for a purpose recognized by yourself as a mighty one. I am of the opinion that my life belongs to the whole community, and as long as I live, it is my privilege to do whatever I can.

— George Bernard Shaw

The salvation of this human world lies nowhere else than in the human heart, in the human power to reflect, in human meekness and in human responsibility. Without a global revolution in the sphere of human consciousness, nothing will change for the better in the sphere of our being as humans, and the catastrophe toward which this world is headed—be it ecological, social, demographic or a general breakdown of civilization—will be unavoidable.

— Vaclav Havel, 1990
President of Czechoslovakia

Be stronger than your strongest excuse.

— Inky Johnson

Meditation is used as a way to connect with things as they are. Meditation in this sense is not something we do to avoid the world.

— Elaine Yuen

I learned to conserve my anger. Once controlled it can be transmuted into a power that can move the world.

— Mahatma Gandhi

We must go in and down and meet the violence and terror we have within ourselves that we project outward onto our institutions, onto our society.

— Parker Palmer

The mystery of living—our experience of life as an eternal echo. It reminds me of watching how a wave rises up out of the wide breath of the sea. For a moment it is individual and shining, and yet it is always connected to the expanse from which it emerged. An eternal echo resonated as one explanation for the deep longing for transcendence and a sense of oneness that abides at the heart of the human experience.

— Carrie Newcomer

As enmity deepens and the fight becomes habit, and memory of love fades, peace requires more and more of a miracle. We *need* miracles, miracles of forgiveness and understanding and reconciliation, and release of what we thought we knew. What is a miracle? It is a happening that is impossible from within a current story, but possible from a new one. Therefore, not only does it seem impossible, but by happening anyway it invites us to question what else we have assumed that may not be true. That is the state of unknowing, the release of old beliefs and what we thought we knew, that prepares the soil for the miraculous in the first place.

Do I know how to make miracles happen? Certainly not. But all of us know how to ask for them, and how to prepare ourselves to recognize and receive them. I don't have to say how. You already know how. You know what I'm talking about.

Here is one I've recognized and received: Outside of politicized discourse, people are getting friendlier, kinder, and more empathetic. Have you noticed? I was just on a trip. People at hotel counters, airport convenience stores, TSA checkpoints, and restaurants are getting kinder. They are helpful and responsive to humor. I feel it quickening. It is a miracle. It is happening! Do you recognize it? Do you receive it?

It's much like a peace offering. An offer of trust. It takes two, the giver and the receiver, and then the receiver becomes a giver in turn, each stepping deeper into trust. That is our relation to the Giver of miracles. We receive them in equal measure to our willingness to trust.

I won't make the case that there is a way through our present straits. I won't make the case that peace is yet possible. I will only point out that you know that it is. The mind may doubt it, but the heart knows it is possible and that none of our strivings have been in vain.

— Excerpted from Charles Eisenstein
Blog on April 15, 2025

Those whose lives are fruitful to themselves, to their friends, or to the world are inspired by hope and sustained by joy; they see in imagination the things that might be and the way in which they are to be brought into existence. In their private relations they are not preoccupied with anxiety lest they should loose such affection and respect as they receive; they are engaged in giving affection and respect, freely, and the reward comes of itself without their seeking. In their work they are not haunted by jealousy of competitors, but are concerned with the actual matter that has to be done. In politics they do not spend their time and passion defending unjust privileges of their clan or nation, but they aim at making the world as a whole happier, less cruel, less full of conflict between rival creeds, and more full of human beings whose growth has not been dwarfed and stunted by oppression.

— Bertrand Russell

If you feel like there's something out there that you're supposed to be doing, if you have a passion for it, then stop wishing and just do it.

— Wanda Sykes

If you’re going through hell, keep going.

— Winston Churchill

The wound is the place where the light enters you.

— Rumi

Place your mind before the mirror of eternity! Place your soul in the brilliance of glory! And transform your entire being into the image of the Godhead Itself through contemplation.

— St. Clare of Assisi

We must seek true forgiveness. Not just saying that you are sorry and knowing you might make the same mistake again, but a regret that hurts you to your very core and you *know* you will never make that mistake again.

— Bret Cox

To live is the rarest thing in the world. Most people exist, that is all.

— Oscar Wilde

The future belongs to those who believe in the Beauty of their Dreams.

— Eleanor Roosevelt

The mind is not a vessel to be filled, but a fire to be ignited.

— Plutarch

You can, you should, and if you're brave enough to start, you will.

— Stephen King

Listen deeply enough to be changed by what you hear.

— Hal Saunders

We, unaccustomed to courage, exiles from delight, live coiled in shells of loneliness until love leaves its high holy temple and comes into our sight to liberate us into life. Love arrives, and in its train come ecstasies, old memories of pleasure, ancient histories of pain. Yet if we are bold, love strikes away the chains of fear from our souls. We are weaned from our timidity. In the flush of love's light we dare be brave. And suddenly we see that love costs all we are and will ever be, yet it is only love which sets us free.

— Dr. Maya Angelou, written for "Touched by an Angel"

The Imprisoned Splendor

Truth is within ourselves—it takes no rise from outward things, whate'er you may believe. There is an inmost center in us all, where truth abides in fullness. And around, wall upon wall, the gross flesh hems it in, this perfect, clear perception which is truth. A baffling and perverting carnal mesh binds it and makes all error, and to know rather consists in opening out a way whence the imprisoned splendor may escape than in effecting entry for a light supposed to be without.

— Robert Browning

Here, at last, we have found our question. Here we find the key to the place that money can—and must—occupy in our lives. Money must become an instrument of the search for self knowledge. Money must become a tool in the only enterprise worth undertaking for any modern man or woman seriously wishing to find meaning in their lives: we must use money in order to study ourselves as we are and as we can become

— Jacob Needleman
Money and the Meaning of Life

The remedy lies in paying more attention to money, to how we use it and how we feel about it, and how it controls us. This attention is an exercise in self-sincerity without which it will not be possible to develop a new and freer attitude toward money or toward life itself.

— Jacob Needleman
Money and the Meaning of Life

Not only are the best things in life free, they are priceless.

— E. J. Michael

People in modern economies are enabled and encouraged to overindulge in luxuries. This helps to blot out our feelings of disconnection, emptiness, and disempowerment and momentarily makes us feel special. But overemphasis on luxuries often harms people's physical health and leads to various types of addictions. Meanwhile, the real causes of our emptiness and discontent are never acknowledged.

As the old-paradigm model of limitless needs fades away and people become more able to acknowledge their real needs, they will create different economic goals, relationships, and institutions that more fully meet these needs. In the emerging paradigm, our material, emotional, intellectual, spiritual, social, and other needs are all being recognized as valid and essential.

— Barbara Brandt, author of
Whole Life Economics:
Revaluing Daily Life

How do you free yourself? In the deepest sense you free yourself by finding yourself.

— Michael A. Singer

It is in this ordinary world where the absolute is veiled, that humanity participates in the unveiling in the revelation.

— Llewellyn Vaughan-Lee with Hilary Hart.

This is the meaning of your life: to love every moment and live your life from the inside out.

— Ma Jaya Sati Bhagavati.

Wisdom is the goal of the yoga path. Love is the fruit of the yoga path.

— Prem Prakash.

Everything in the universe is you. Loving everything is loving you. Loving you is loving everything There are no walls in the world. of love.

— Tai Sheridan

The act of forgiveness takes place in our own mind It really has nothing to do with the other person

— Louise Hayes

My glory is like the summit of the mountain. My wisdom is like the effluent sun that rises above the heavens. I am the very embodiment of spiritual bliss.

— Taittiriya Upanishad

Courage is the grace of God opening our heart to the fullness of life.

— Adolfo Quezada

Life is a balance between holding on and letting go

— Rumi

The real practice right now, for all of us, is to bring incredible harmony and love into our families and to every single person who comes into contact with us.

— Tsem Rinpoche

Don’t forget love—it will bring all the madness you need to unfurl yourself across the universe.

— Mirabai

We can never obtain peace in the outer world until we make peace within ourselves.

— H.H. the Dalai Lama

Longing is like the rosy dawn. After the dawn, out comes the sun. Longing is followed by the vision of God.

— Sri Ramakrishna

Meditation can help us embrace our worries, our fear, our anger, and that is very healing. We let our own natural capacity of healing do the work.

— Thich Nhat Hanh

Do not go where the path may lead, go instead where there is no path and leave a trail.

— Ralph Waldo Emerson

Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.

— The Buddha

If you can make your life like a running stream that swiftly and steadily flows towards its goal, not only will no impurity of any kind be able to accumulate with you, but even other people will be cleansed by your presence.

— Sri Anandamayi Ma

Let your life lightly dance on the edges of Time like dew on the tip of a leaf.

— Rabendraneth Tagore

I have come to believe that it is possible to absorb the love-energy of the cosmos and reflected back into the world as human love, in a deliberate and guided way as a force for peace and joy.

— Austin Repath

Go forth in peace, for you have followed the good road. Go forth without fear, for he who created you has made you holy, has always protected you, and loves you as a mother.

— St. Clair of Assisi

If I had no sense of humor, I would long ago have committed suicide."

— Mahatma Gandhi

Sometimes it is ecstatic; sometimes it is sweet. Sometime you come out of prayer and don't know where you've been. This is the silence of the beloved that takes us home, into this oneness of love.

— Llewellyn Vaughan-Lee

It's hard to believe that the treasure lies within the depths of our fears. Harder still to believe that light lies within the darkness. Even harder to believe that the love and security we so desperately seek are within our own heart.

— Prem Prakash

Faith is the strength by which a shattered world shall emerge into the light.

— Helen Keller

Just as treasures are uncovered from the earth, so virtue appears from good deeds, and wisdom appears from a pure and peaceful mind. To walk safely through human life, one needs the light of wisdom and the guidance of virtue.

— The Buddha

In presence, in the fullness of Now, separation cannot stand. Love does not know time or limitation. It is beyond death.

— Jeff Foster

Happiness is your nature. It is not wrong to desire it. What is wrong is seeking it outside when it is inside.

— Ramana Maharshi

The difference between what we do and what we are capable of doing would suffice to solve most of the world's problems.

— Mahatma Gandhi

The goal of meditation is to open a space within your being that is outside your mind.

— Ma Jaya Sati Bhagavati

Happiness of the world is transitory. The less you become attached to the world, the more you enjoy peace of mind.

— Sri Sarada Devi

Without inner peace, outer peace is impossible We all wish for world peace, but world peace will never be achieved unless we first establish peace within our own mind.

— Geshe Kelsang Gyatso

All questions come from the belief that we could be apart from the whole. In our natural state of mind, there are no questions. We can just rest in contentment.

— David. Hoffmeister

You are the refuge you have been seeking. A true temple is inside your own mind. Worship there. Sit endlessly in that still splendor.

— Nicole Grace

The mystery of the path is that in the closed circle of love the Beloved calls to himself within the heart of the lover.

— Llewellyn Vaughan-Lee

Watch your breath coming in and out this very moment. Remember that your Beloved loves you, no matter what you have done in your life, and is riding the waves of breath with you.

— Ma Jaya Sati Bhagavati

Prayer is our response to God's calling. We stop what we are doing and listen to what God declares within us. We synchronize the beat of our heart with the heart of God.

— Adolfo Quezada

Only direct experience can take you there. At some point there's no more struggle, just the deep peace that comes from surrendering to a perfection that is beyond your comprehension.

— Michael A. Singer

It takes only one to make war, and two to make peace. A one-sided war is still a war, but peace requires an offer of trust and the acceptance of the offer. One must hold the other worthy of trust, and the other must step into worthiness. They must accept the invitation. The situation is never too far gone. Peace is always possible.

— Charles Eisenstein

Authentic yoga practice dispels the illusion that you are a limited body and mind. The mind becomes quieter, the heart opens gently, and the desire to serve others spontaneously arises.

— Prem Prakash

This place where you are right now, God circled on a map for you. Wherever your eyes and arms and heart can move against the earth and sky, the beloved has bowed there... *knowing* you were coming.

— Hafiz, trans. Daniel Ladinsky

When the truth of the self is laid bare, there is nothing but vast awareness.

— Rebecca Lily

When we become a lover, we see the true nature of being. Love opens our inner eye to the secrets and rays of light that are otherwise concealed.

— Rasoul Sorkhabi

Slowly the path and its practices free us from our negative tendencies and give us access to more and more of our light, more of its consciousness.

— Llewellyn Vaughn-Lee

There are many names of God, perhaps thousands. The one I like best is Love'

— Rivvy Neshama

Practice gives us the strength to live a good life, to really *engage* with life full on, with our eyes open. From practice we learn how to let go and sit in ourselves more deeply.

— Krishna Das

Seeing completely brings us down to earth. When we are still in both our body and mind, we can be unmoving. This is the only moment we have, right now.

— Julie DuBose

All teachings lead to mastery, but it is mastery of the self that is the ultimate destination.

— Mony Dojeji and Alberto Agraso

The best and most beautiful things in the world cannot be seen or even touched. They must be felt within the heart.

— Helen Keller

What you give away in love always finds its way back home.

— Author Unknown

If you want to be unshakable, you have to train your mind in patience and endurance, the most grueling training that life offers.

— Eknath Easwaran

Ultimately I came to see those quiet moments as fulfilling my purpose for living—by *being* rather *than doing*.

— Karen Wyatt, MD

Once instead of giving a speech, Buddha just held up a flower to his listeners. This is a symbol of what is happening inside Buddha. Something divine inside opens and flowers.

— Ivan Rados

When we repeat a mantra or do various forms of chanting, a more refined vibration develops and begins to assume the background pattern of our minds, down to the subconscious level.

— David Frawley

Within or beneath this flowing movement of mind is a deep, quiet, inner stillness…. This sky-like presence of mind is always clean, clear and open to whatever flows through it.

— Joel and Michelle Levey

You who sees the world, you who witnesses the mind, and you who experiences the heart is the same you. There is only one conscious being in there aware of all these experiences.

— Michael A. Singer

Many lives have passed, but this is the only one in which you are alive. Be who you are, a light torch, and an awakened heart, an illuminated Force inside and all around you.

— Joma Sipe

The highest spiritual practice every single moment of every single day is to set the world free, set the mind free, and set the heart free.

— Michael A. Singer

Just as luminosity is the nature of the Sun, coolness of water and heat of fire, so too the nature of the *Atman* [soul] is Eternity, Purity, Reality, Consciousness and Bliss.

— Adi Shankara

We are shaped by our thoughts. We become what we think. When the mind is pure, Joy follows like a shadow that never leaves.

— The Buddha

There is no greater mystery than this, that we keep seeking reality, though in fact we are reality.

— Sri Ramana Maharshi

Rest in a natural way like a small child. Rest like an ocean without waves. Rest within clarity like a candle flame. Rest unmoving like a mountain.

— Milarepa

Each one of us being present is what it takes to make the changes necessary for our planet's survival.

— Betty Wall

Do you know what you have when the mind stops? You have the experience of your life. Instead of fighting and struggling with your life, you begin to enjoy every moment.

— Michael A. Singer

These moments of prayer are moments of union in which the lover is lost. We have stepped from the shore of our own being into the timeless ocean of the Beloved.

— Llewellyn Vaughan-Lee

I thank our mother, the Earth, for giving us each season and each year. I pray we five-fingered human beings develop understanding that God is within us and we are within God. May we all find never-ending peace.

— Curtis. Kekahbah

As you breathe in cherish yourself as you breathe out, cherish all beings.

— The Dalai Lama.

When you come to understand that no one is truly separate from another—that we are all just waves arising from one vast ocean of consciousness—then you realize that there is no pain that there is not your pain, and no ecstasy that is not also your own ecstasy.

— Nicole Grace

My prayer is that we will experience that eternal life here and now as we open the windows of our souls, the eyes of our eyes and the beauty of our sacred hearts, and bless the kingdom of heaven that is in every hand and face.

— Dr. David Wilkinson

Every single time we return to the practice, we are overcoming ancient innate tendencies of the mind to flow outward. Every time we come back, we are reminding ourselves where to look, and it gets deeper each time.

— Krishna Das

Through spiritual practice one comes to recognize that thoughts are like winds which blow the ship of consciousness in various directions. One is to take responsibility for his thoughts in the same way that he takes responsibility for his actions.

— Prem Prakash

The spiritual warrior is committed to non-violence in all his relationships. The conflict he engages in is the battle within. This is the struggle to discern his true calling from the endless stream of life's distractions.

— Mirabai Starr

May you be fearless. May you make your life breathtakingly beautiful through the acts of your generosity and compassion. May these same acts make the world a cleaner and safer place for the children of our children.

— Geri Larkin

It is only through mental training and profound meditation that we are able to glimpse the Reality in our hearts and in the hearts of all beings,

— Father Anthony Elenjimittam

What wings are to a bird, and sails to a ship, so is prayer to the soul.

— Corrie Ten Boom

Because of Thy Light, all is illumined. With His shining, everything shines.

— Mundaka Upanishad

The weak can never forgive. Forgiveness is the attribute of the strong.

— Mahatma Gandhi

An eye for eye only ends up making the whole world blind.

— Mahatma Gandhi

Light shines in the darkness for the upright, for those who are gracious, compassionate and righteous.

— Psalm 112:4

May my prayer be beautiful. May my remembrance, O Great Mystery, be as incense to Thee in the sacred grove of eternity.

— Chinook Psalm

With beauty below me, may I walk. With beauty all around me, may I walk. In old age, wandering on a trail of beauty, living again, may I walk.

— Navajo Prayer.

Praise be to Thee, most Supreme God. Open our hearts toward Your Beauty. Illuminate our souls with Divine Light.

— Saum.

Peace cannot be kept by force; it can only be achieved by understanding.

— Albert Einstein

Women will change the nature of power, rather than power changing the nature of women.

— Bella Abzug

To share your weakness is to make yourself vulnerable; to make yourself vulnerable is to show your strength.

— Criss Jami

Freedom and love go together. Love is not a reaction. If I love you because you love me, that is mere trade, a thing to be bought in the market; it is not love. To love is not to ask anything in return, not even to feel that you are giving something—and it is only such love that can know freedom.

— J. Krishnamurti

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Mahatma Gandhi Wisdom

It is better in prayer to have a heart without words than words without heart.

An ounce of practice is worth more than tons of preaching.

You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty.

As human beings, our greatness lies not so much in being able to remake the world—that is the myth of the atomic age—as in being able to remake ourselves.

It is unwise to be too sure of one's own wisdom.

It is healthy to be reminded that the strongest might weaken and the wisest might err.

First they ignore you, then they laugh at you, then they fight you, then you win.

I look only to the good qualities of men. Not being faultless myself, I won't presume to probe into the faults of others.

Man becomes great exactly in the degree in which he works for the welfare of his fellow-men.

I suppose leadership at one time meant muscles; but today it means getting along with people.

Happiness is when what you think, what you say, and what you do are in harmony.

We but mirror the world. All the tendencies present in the outer world are to be found in the world of our body. If we could change ourselves, the tendencies in the world would also change. As a man changes his own nature, so does the attitude of the world change towards him. This is the divine mystery supreme. A wonderful thing it is and the source of our happiness. We need not wait to see what others do.

Always aim at complete harmony of thought and word and deed. Always aim at purifying your thoughts and everything will be well.

Constant development is the law of life, and a man who always tries to maintain his dogmas in order to appear consistent drives himself into a false position.

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Rabindranath Tagore Wisdom

Tagore was a friend of Mahatma Gandhi and a great communicator of the ancient wisdom of India to the Western world. These excerpts are from his book, Sadhana.

This discovery of truth is pure joy to man—it is a liberation of his mind.

Essentially man is not a slave either of himself or of the world; but he is a lover. His freedom and fulfillment is in love, which is another name for perfect comprehension.

To expand gradually the consciousness of one's unity with all is the striving of humanity.

Man must realize the wholeness of his existence, his place in the infinite…. He must know that when man shuts himself out from the vitalizing and purifying touch of the infinite, and falls back upon himself for his sustenance and his healing, then he goads himself into madness, tears himself into shreds, and eats his own substance.

When man's consciousness is restricted only to the immediate vicinity of his human self, the deeper roots of his nature do not find their permanent soil, his spirit is ever on the brink of starvation, and in the place of healthful strength he substitutes rounds of stimulation

Penetrating into the mysteries of reality... was a sublime achievement,... a supreme manifestation of that human aspiration which knows no limit, and which has for its object nothing less than the realization of the Infinite.

They who having attained the Supreme Soul in knowledge were filled with wisdom, and having found Him in union with the soul were in perfect harmony with the inner self. They having realized Him in the heart were free from all selfish desires, and having experienced Him in all the activities of the world, had attained calmness,... had found abiding peace, had become united with all, had entered into the life of the Universe

Where a man tries to raise himself to eminence by pushing and jostling all others, to achieve a distinction by which he prides himself to be more than everybody else, there he is alienated from that Spirit.

Buddha... preached the same message when he said, “With everything, whether it is above or below, remote or near, visible or invisible, thou shalt preserve a relation of unlimited love without any animosity….”

Crossing the limiting barriers of the individual… is the liberation of consciousness from all the mystifications and exaggerations of the self.

Mere appearance and disappearance are on the surface, like waves on the sea, but life which is permanent knows no decay or diminution.

[The wise one], whenever he feels too complicated and unwieldy, knows it is because he has not been able to hit upon the system which would have set everything in place…. This search for system is really a search for unity, for synthesis. It is our attempt to harmonize the heterogeneous complexity of outward materials by an inner adjustment.

Pleasure is for one's own self, but goodness is concerned with the happiness of all humanity and for all time…. We become freed from the bonds of pleasure and pain,... filled with an unspeakable joy which springs from measureless love.... Its motive power is not from desires, but in its own joy.

Not to see is to be blind, but to see wrongly is to see only in an imperfect manner. Man's selfishness is a beginning to see some connection, some purpose in life; and to act in accordance with its dictates requires self-restraint and regulation of conduct.

As in the region of knowledge so in that of consciousness, man must clearly realize some central truth which will give him an outlook over the widest possible field,…. Know thine own Soul.... All our egoistic impulses, our selfish desires, obscure our true vision of the soul.

The chick knows when it breaks through the self-centered isolation of its egg that the hard shell which covered it so long was not really a part of its life. That shell is a dead thing, it has no growth, it affords no glimpse whatever of the vast beyond that lies outside it. However pleasantly perfect and rounded it may be, it must be given a blow to, it must be burst through and thereby the freedom of light and air be won, and the complete purpose of bird life be achieved.

When we are conscious of our soul, we perceive the inner being that transcends our ego and has its deeper affinity with the All

In love the sense of difference is obliterated and the human soul fulfills its purpose in perfection, transcending the limits of itself and reaching across the threshold of the infinite. Therefore love is the highest bliss that man can attain to, for through it alone he truly knows that he is more than himself, and that he is at one with the All.

Sighs of discontent and weariness of failure, idle regrets for the past and anxieties for the future are troubling our shallow hearts because we have not found our souls, and the self-revealing spirit has not been manifest within us.

The real misery of man is in the fact that he has not fully come out, that he is self-obscured, lost in the midst of his own desires. He cannot feel himself beyond his personal surroundings, his greater self is blotted out, his truth is unrealized.

Epilogue

An Invitation

This book was created and offered as a labor of love. Being a retired writer, it's fairly easy for me to do this work, but alas, I have no experience in publicity and using social media to inform friends and associates of the book's availability. So any help you can offer to share this more widely is deeply appreciated.

A free PDF download of this book is also available from archive.org. (In the search box, enter the book title inside quotation marks.)

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Thank you for your help.

dan

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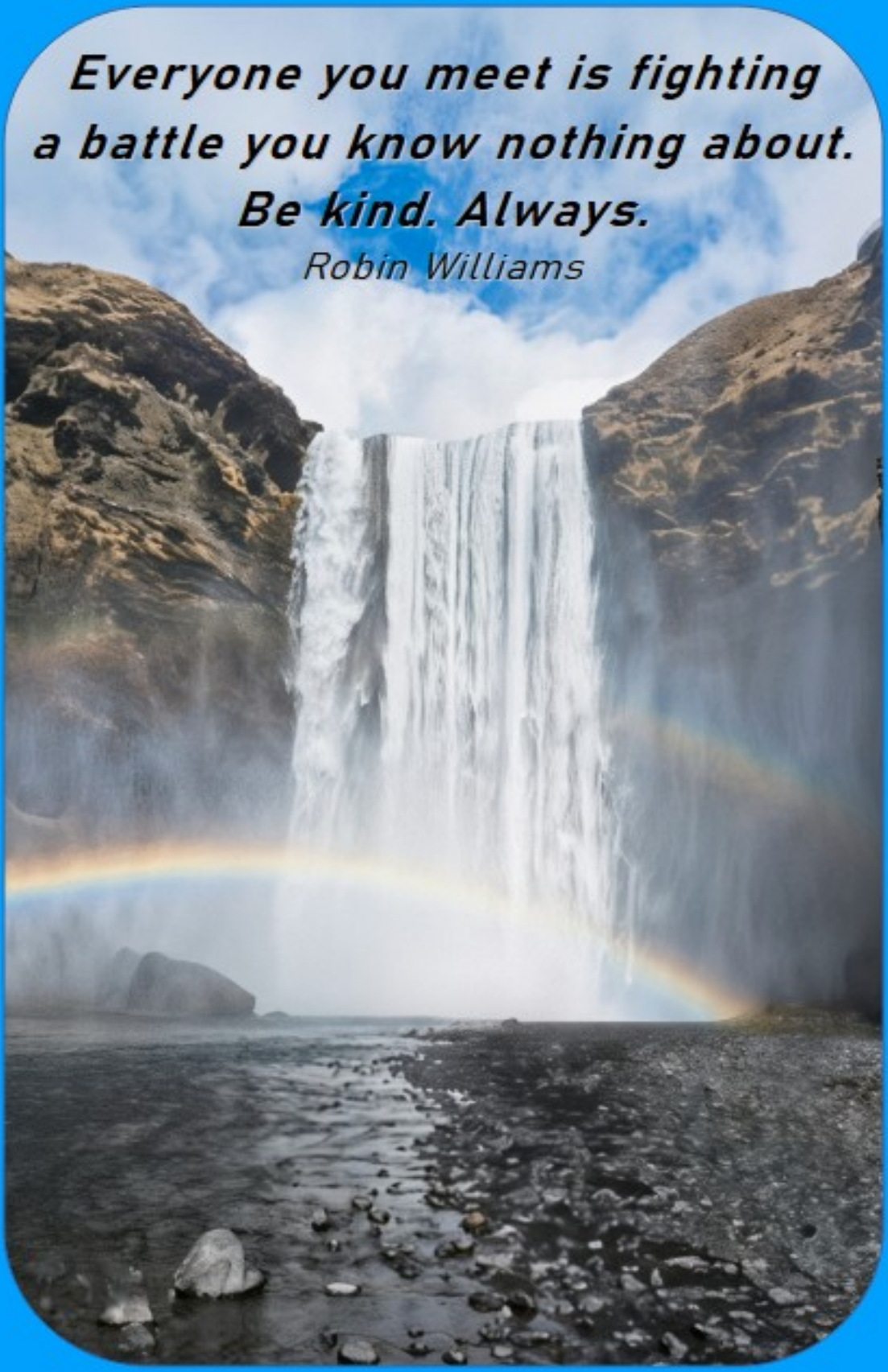
Everyone you meet is fighting
a battle you know nothing about.
Be kind. Always.
Robin Williams